



The Alternative Journal of the Rainbow Region

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Your FREE community paper

Koala Edition



September 2022

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Nimbin celebrates spring planting

by Michael Balderstone, President, MardiGrass Organising Body

Nimbin's 30th annual MardiGrass, a cannabis law reform protest on the first weekend in May, was postponed this year because of the floods. It's now on over the weekend of 16th to 18th September.

It's usually a harvest festival, but a lot of the harvest was flooded this year, so a Spring planting ceremony seems appropriate.

This is an important protest weekend. The drug war just plods on relentlessly even though most everyone agrees drug use is a health issue. How are we going to stop it? How do we initiate the changes we all know are really inevitable?

The two core issues we are protesting about, is to be allowed to grow our own medicine instead of having to buy it expensively from big corporations via a doctor, and the drug driving rules must change to an impairment test.

It's appalling that medical cannabis users are losing their licences just for having a tiny old residue of cannabis in their saliva which is not affecting their driving ability at all.



Ganja Faeries 2018 dance troupe

We need the police to support us in lobbying to reintroduce sobriety tests instead, like other countries are using. These laws are already in place for them to use, I believe.

Drug free drivers are much sought after around Nimbin at MardiGrass time and quite a large community network is pulling together this year to help each other out.

The answer to a lot of problems is community, and it's something

Nimbin is good at.

There is a packed program of protestival activities including movies, a photo exhibition and Yarndi Yarns to share old memories of past MardiGrasses, as well as all the usual favourite events in Plantem Park, Sativa Stadium and Indica Arena.

Major highlights include the Great Green Cabaret on Friday evening, the Kombi Konvoy and

Hemp Olympix on Saturday and Big Protest Rally Sunday. Pot Art and Pot Poetry is on again as well as a new event, the MMMA, MardiGrass Marijuana Music Awards.

The Hemp Olympix now famous events, the Bong Throw and Yell, Iron Person Event and Joint Rolling competitions will be monitored this year by Belgium officials, after world records were broken last year

but drug testing was not completed beforehand in the appropriate way, so the records were not accepted.

The Hemposium is a packed program of speakers on all things cannabis related spread over four stages on both days; an extraordinary collection of Aussie weed experts. There is a lot to talk about.

Michael Pettersson, the young ACT Labor politician who initiated the laws that allow Canberrians to grow two plants and who is now trying to decriminalise personal amounts of all drugs there, is coming to MardiGrass for the first time. As is solicitor Bernie Bradley, the Legalise Cannabis candidate who gave Pauline a run for her money in Qld in the recent Federal election.

The full program is at: nimbinmardigrass.com

Volunteers have begun arriving to set up the event. Volunteers can register on the website as can DFD's, drug free drivers, who can be part of the UBud or Duber networks. Or you can register at the HEMP Embassy in Nimbin or on Facebook at: [mardi-grass-rideshare](https://www.facebook.com/mardi-grass-rideshare)



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16, 17 & 18 September 2022

www.nimbinmardigrass.com

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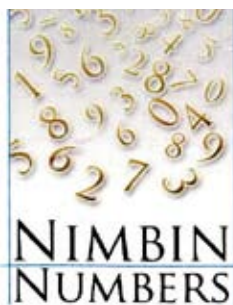
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Free entry to this year's Lismore Show

Show-goers will be given free entry to this year's three-day Norco North Coast National Lismore Show.

"The Show has been the heart of our community for 137 years and we understand that many people are under a lot of financial and emotional pressure," Show Society president John Gibson said.

"We have all had a very traumatic six months since the natural disaster and we're still recovering. Our community needs a show where we can just get together with family and friends and forget this year – even if it's only for a day, or three.

"Obviously the showground has been damaged but we are still hoping to have

the usual popular exhibits, agricultural and livestock displays, rides, show-bags and a packed entertainment schedule with great food that the community has come to expect at the Lismore Show."

"It is not long until October and now is the time to get ready for the return of our regular popular competitions and exhibitions. We already have some great attractions booked including a circus that will perform four times a day and a petting zoo," Mr Gibson said.

"We are also working on getting a rodeo, monster trucks, woodchop, FMX bikes, a Lego competition for schools, reptiles and the ever popular

fireworks.

"This year's show will feature a Grand Parade at the official opening recognising the life-saving work of the Tinny Army and emergency services during the February natural disaster.

"It's great to be back."

The Norco Lismore Show returns from Thursday, 20th October to Saturday 22nd October after it was cancelled the previous two years due to Covid-19.

Nominations are also now open for the 2022 North Coast National Young Woman and Teen Showgirl competitions. For more information go to the North Coast National website: www.northcoastnational.com.au

Call to disrupt 'Land Forces'

by Miriam Torzillo

Land Forces is the largest land based weapons expo in the Southern Hemisphere. Yes, a weapons expo held right in the middle of the Southbank at the Brisbane Exhibition Centre.

Like those industry trade shows where companies have little displays to show off their products and schmooze the procurement managers of large firms? Yeah that. But with tanks and bombs and killer drones and...

Yes, we live in a world where it is some event manager's job to facilitate the meeting, mingling, wining and dining, of weapons company executives with the public servants and elected officials who decide how to spend our money and who to murder with it.

We're simply not having it. We are a diverse coalition of citizens, activists, people of faith who work to resist the militarisation of our economy, society and education systems. That's why we hold a festival of resistance to disrupt, interrupt, and



obfuscate their efforts to generate conflict as the by-product of profit. We invite you to join the line-up of this festival!

Your act, action, whatever it is, must conform to just two rules: do no harm to other living beings; and respect everyone else at the festival, including (or especially) when you don't understand what they are doing and/or why they are doing it.

We call this radical respect, a core working principle of Disrupt Land Forces, together with active solidarity, creative disruption, community care and revolutionary love.

Discover and explore how these concepts can empower us and anchor our anti-militarist, pro-planet work at our Festival of Resistance in Meanjin.

Everyone is welcome. Here are some of the ideas we have been throwing around including some tactics from last year and some new ones:

- Radical teach-ins, performance arts interventions;
- Disruptive direct actions, vigils;
- Visual art and projection displays;
- Marches/pickets, culture jamming

Official dates for Disrupt

Land Forces 22 (DLF22) are 1st to 7th October, but please come earlier if you can. Beds are available for those who need them and a community kitchen will be at the heart of the action.

There are all sorts of ways to get involved, to support and engage, depending on your interests and capacity. Everything from on the ground support in the kitchen, legal observation and liaison, first aid crew/medics team, materials collection and management, silent and vigil actions, marches and creative activist tactics. Will you join?

Our commitment is to #EarthCareNotWarfare

MPS upgrades bring rest and recreation spaces into view

Aged care residents at Nimbin, Kyogle, Bonalbo and Urbenville Multi-Purpose Service (MPS) facilities are set to benefit from upgrades to the shared activity and entertainment spaces at their sites, which are expected to be completed early next year.

Executive officer and director of nursing for the MPS Network, Nancy Martin, said the upgrades would provide residents with a safe area in which to connect with loved ones, or sit peacefully in reflection.

"Best practice care for older people, including those who may be living with

dementia, involves having a variety of spaces which are suited to specific activities, such as eating and drinking, relaxing and resting," Ms Martin said.

At Nimbin MPS a new access ramp connecting the courtyard and garden to the dining room deck will create a better connection between existing spaces.

At Kyogle MPS, a new purpose-built residents' lounge will provide both indoor and outdoor spaces to allow residents, their families and carers to exercise, relax or share a quiet moment away from the busy dining room, as

well as make the most of the beautiful views of the Kyogle countryside.

Bonalbo MPS will receive a new garden, complete with mobility pathways, secure fences and shared spaces.

At Urbenville MPS, a new backyard space with tool shed, raised garden beds and BBQ area will provide residents with a more homely environment.

The projects are jointly funded by the Australian Government's MPS Minor Capital Works program and Northern NSW Local Health District.

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Destroying our future: forestry action now

by Tori Bail
Kyogle Environment Group

Take a trip to the World Heritage-listed Border Ranges National Park, and just 100m away from the entrance on the left-hand side, you will find an ugly, sad, mangled mess of industrial style logging butting up against scarred Bangalow Palms, majestic tall trees, Booyong vines, delicate ferns and frightened fauna.

It's heart-breaking for people and animals and, especially, for our children to whom the future belongs.

The logging took place on private land and the damage is horrifying. This is systemic failure and we must question at a deeper level where responsibility for this really lies, as we witness the downward spiral of biodiversity and climate loss.

Increased fire risk and lantana invasion, Bell Miner bird affected dieback, and serious impact on koalas and other native animals who call this patch of ancient Gondwana landscape their homes, are a given.

Ironically, only three months ago, Private Native Forestry Codes were weakened, not strengthened. Statewide, one third of timber is now sourced from private native forests, and the State Government does its best to promote that by allowing



smaller trees to be taken out and reducing the number of habitat trees protected.

On 29th July a #Friday4Forests group of distressed local citizens bore witness to the recent site of forest carnage and reported it to the Environmental Protection Authority. On the 25th of August, the EPA informed us that there were two inspections at the property, which identified alleged non-compliance issues. These matters are now the subject of a formal investigation. Further, the EPA and Kyogle Council are working with the landowner and contractor to install erosion and sediment control structures on the property to prevent any further impacts to the environment.

According to the Regional

State of the Environment Report, Kyogle LGA has one of the highest records for woody vegetation loss in the State. Between 2009 and 2019 a devastating 10,000 hectares of native vegetation was altered or removed. This doesn't include land damaged by bushfires.

Furthermore, as well as having no social licence, the logging industry is no longer economically significant. Last year alone the Forestry Corporation lost \$20 million, yet received tens of millions in subsidies. In North East NSW public native forests employed around 550 people, which equates to far less than one percent of regional employment. It is possible, subject to political will, to close this industry for around \$120 million and

divert workers into other employment while providing them with generous payouts.

As sawlogs dwindle in our Public State Forests, it seems offsetting logging with Private Native Forestry is just more of the unsustainable game?

Visiting the 'Gateway to the Rainforests' implies that we value nature and the benefits it brings us. Our world is on the verge of ecological collapse. Our future is uncertain. We must hold our politicians to account. End native forest logging NOW!

#Friday4Forests meet every Friday at 10am to protect native forests from logging.

If you would like to support forest action, please contact Kyogle Environment Group on 0467-252-601, www.facebook.com/KyogleEnvironmentGroup/

Rainbow Road walking track concept design

Lismore City Council has begun the design process for the Nimbin Rainbow Road Walking Track, engaging local consulting firm Ennismore Field Landscape Architects for the long-awaited attraction.

The first phase of the design has taken into consideration the original ideas and aspirations of the original proposal put forward more than 15 years ago, with new site survey data and consultation with landowners and affected stakeholders.

The recent acquisition of 11a Alternative Way by Nimbin Community Centre Inc has resulted in significant design variations



and presents many creative opportunities.

The next phase of the project is to show the community the resulting concept design and ask for feedback. Your ideas will be

used to progress a detailed design for construction.

The \$2.5 million Nimbin Rainbow Road Walking Track was approved last year through the Bushfire Local Economies Fund provided by

the NSW Government.

Construction is looking to start after Christmas with an opening aiming for the Aquarius 50 year celebration scheduled for May 2023.

The feedback Council is looking for can be absolutely anything relevant, including the history of the land.

The more relevant information we have from the community, the better the result will be.

Council currently has a webpage found at: <https://yoursay.lismore.nsw.gov.au/nimbin-s-rainbow-road-walking-track>

Please pay a visit to the page to view the design in detail and give your feedback to this much-awaited project.



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Nightcap campaign's 40th anniversary

by Sophia Hoeben

It's hard to believe that 40 years have passed since the Nightcap was saved, and some of us Naggers have since died.

However, the NAG team has been reformed to stage an Anniversary in Nimbin on 22nd October this year.

We are in the process of setting up funding to stage the event and lining up performers and speakers with hopefully some comedy thrown in.

The Nightcap National Park was declared saved after my friend Rick Wright had his leg run over by a 4WD police vehicle.

He was taken to hospital while I was taken out of the cell in Nimbin police station by two detectives who brought me to the hospital to see Rick.

The incident of a protester being injured at the Blockade made news headlines around Australia.

It was then that Premier Wran decided to declare the forest saved and National Park status followed soon after.

Back in 1979, the good people of Terania had tried



Northern Star photo showing the injured Rick Wright, which they ran with Sophia's story: 'A rainforest won by the people'.

to save the forests from the loggers. After two weeks of protest, the loggers stopped and went home. However, Terania had not been awarded an EIS (Environmental Impact Statement) nor a permanent injunction.

When the loggers returned to the Nightcap in 1982, they were met with serious opposition when the Nightcap Action Group took up three positions in Mt Nardi in order to block the logging of these

ancient rainforests.

Base camp was set up on Andy Frame's land fully equipped with a kitchen, first aid and child minding tents. The camp would be there for four months.

Muddy and rainy days were rejoiced, as we knew the loggers would not come when it rained.

It was as far back as the 1930s that the Nightcap forests were set to become a National Park. However,

World War 2 put this on the back-burner.

The Nightcap campaign was seen as being too radical for mainstream media as we did not hold back on what needed to be done.

Some days we placed all our cars across the road to block the D9 bulldozers and logging trucks; other days, grids were removed at 4am to stop them coming in.

The warriors with the green headbands also pulled in old logs across Newton Drive to try and stop them. Nothing seemed to stop them.

It was only when one of us was injured that the logging was stopped. It was a great shame that the media at the time depicted us as a rough and tumble guerrilla style army!

As a result of poor media publicity, the saving of the Nightcap has been mostly attributed to the Terania Creek protest, which was seen favourably by many. All photos, films, banners and posters from the Nightcap were mysteriously lost.

So what we have left from that event is the memory, and a history that should never be forgotten or rewritten.

Disaster resilience – Nimbin working together

by Natalie Meyer

Behind the scenes, the Nimbin Disaster Resilience Group (NDRG) has been beavering away at implementing the Nimbin Community Disaster Plan, which was originally launched in April 2021.

After many months of trying conditions, the NDRG members finally have some breathing space to begin to report back to and consult with the Nimbin community.

What has been achieved so far?

- **Community Disaster Supplies** – A shipping container has been installed at Nimbin Showgrounds to stock with emergency equipment. Thanks to funding from the Northern Rivers Community Foundation (NRCF) and the generosity of the Nimbin A&I Society. Additional funding has now also been secured from NRCF to obtain the necessary emergency equipment and supplies;
- **Installation of water tanks** on community-owned sites in the village – one large tank is installed on Community Centre grounds (behind the Neighbourhood Centre), also funded by NRCF, and two large tanks have been purchased for the Showgrounds;
- **Disaster Info Sheet** produced and added to the Welcome to Nimbin Kit;
- **Dedicated Community Disaster page** added to Nimbin Neighbourhood and Information Centre (NNIC)'s website;
- **Family Disaster Info Days** – Virtual Family Fun Day workshops held on 13th November 2021. Evac Kit Pillowcase workshop for kids with the Red Cross, Build a Native Bees Hotel with Barbara Mills, Beeswax Wraps with North East Waste, and family showbags. (Funded by Healthy North Coast);
- **Spontaneous Volunteer Kit** drafted;
- **Central Information Desk** was opened at Nimbin Town Hall foyer



Emergency equipment container arrives at Nimbin Showground
Photo: Dave Fawcner

after the February-March 2022 flood disaster;

- **After Action Reviews** were conducted after the 2022 Disaster by NNIC, CWA – Nimbin Branch, RFS and others;
- **Community-Led Response and Recovery Plan** including roles and responsibilities of local agencies and groups, drafted; and
- **Nimbin Community Disaster Plan** reviewed and updated.

So what's next?

The revised Disaster Plan has been significantly updated to reflect our community experience of the 2022 Disaster.

The original Disaster Plan was focused on Preparedness. The revised Disaster Plan now includes Response and Recovery.

Nimbin Community Care Team – a model is being developed to enable the reaching out to people who may be isolated, vulnerable or hard to contact following a disaster.

This model includes a CB radio network and we already have 10 CB radios spread across the catchment and

being trialled.

A Starlink is also being installed in the village, so that we have a full mix of technology options available to ensure continuing communications thus avoiding the situation we faced after this year's flood disaster.

Community input

We need your feedback and input into the revised version of the Nimbin Community Disaster Plan and the Proposed Community Care Team.

The revised Nimbin Community Disaster Plan will be on display at the Great Big Family Fun Day which is planned to be held at the Nimbin Showgrounds, most likely on the last weekend of October 2022.

You will be able to ask questions and provide your input and feedback. (More details about this event coming soon).

There will be workshops on the Community Care Team model and the CB radio network on the same day at the Showgrounds.

More info and updates will be posted the Nimbin Disaster Resilience Group's facebook page, the NNIC website, and posters around town.

Towards Aquarius 50th anniversary

by Paul Tait, Jenny Kendall and Jenny Cornish

The 50th Anniversary of the Aquarius Festival is going to happen next May.

50 years is something to honour! How is this to be celebrated? There are many fantastic ideas.

- David Hallett, with the Chamber of Commerce, has put forward a series of talks and events to happen during the Gathering:
- Planning for an Aquarius 50th campsite at the Showground has commenced.
- Rhoda Roberts has been asked to be keynote speaker.
- Graeme Dunstan has a plan to present a theatre event with close theatre friends.
- Local musicians and artists will be invited and perhaps guest musicians from India. There is even talk by Benny Zable of having Philippe Petit, the highwire walker, coming here again.

But if this is to occur, then we do need to have input and support on many levels from our community to make the celebration of counter culture in Australia happen!

“The Voice” referendum will be front and centre in May 2023. We could have discussions and speakers on community, alternative building ideas and materials, alternative energy systems, environment, politics and law, home birth, death, health and healing, plant knowledge, agriculture, art and music and many, many more subjects.

Combining the lived experience of 65,000 people and 50 years, our

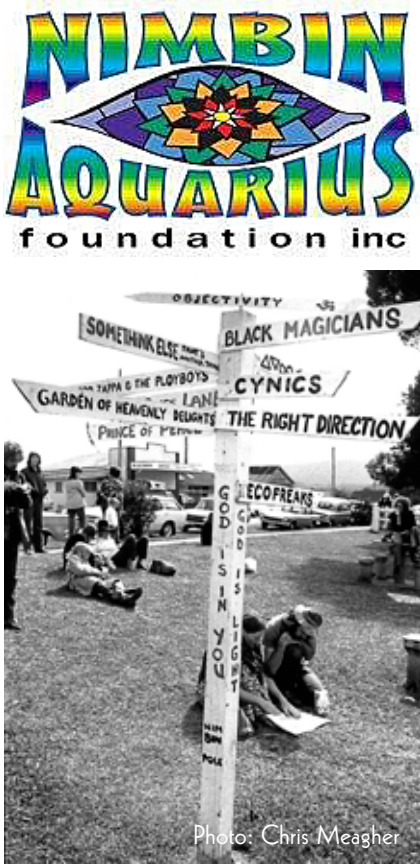


Photo: Chris Meagher

Anniversary Gathering could be shared with the world; contributions, talking circles, information, all exchanged via internet hook-ups taking place with like-minded people as we share stories, thoughts and knowledge together from the centre of our town.

We wish to honour the interconnectedness of all life, all people to the benefit of Gaia.

However, we really need to have wide community assistance and know what the people of Nimbin and surrounds are prepared to help us with, realise and organise.

With the first Aquarius Festival in 1973 there was a slogan: “You are the Festival”.

It wasn’t an entertainment where you came, watched, clapped and went away. It was a Festival where your skills and contribution made it happen and sustained the group so much so that suddenly the possibilities of a new way of being became possible. It included all ages. The dream became real.

Nimbin has the opportunity, the right to explore again all aspects of living. This tiny village gave birth to so much and indeed has lived it for 50 years now.

The communities, the people all have so much lived experience to share and build upon. What has worked and what did not work? We can all learn and keep on learning keeping the dream alive.

What shape will the 50th Anniversary take? Who will participate? In person and/or online? We are the ones, and now is the time. Come join the dance!

The next meeting of the Aquarius Foundation is Friday 9th September, at 3.30pm in the NCCI Comskool room, all welcome.

A special Nimbin Town Hall Meeting to discuss ideas, support, energy, suggestions will be held on Wednesday 12th October at 5.30pm, all welcome.

We will also be putting out a short survey via Survey Monkey – please participate.

Remembering Aquarius50 with campfires

by Graeme Dunstan

It’s now 50 years since the Aquarians came to Nimbin looking for a place to do some New Age dreaming.

Arriving, the inquiry began with a phone call to the president of the A&I Society at the time, Fred Cullen.

“Could we hire the Showground for a hippie festival?” we asked.

Fred saw that our idea was bigger than his showground and advised we ask the village at a public meeting.

The meeting duly took place in Nimbin Hall. Fred chaired it and hosting of the Aquarius Festival was all but unanimously approved.

At the time, a rural economic recession was giving Nimbin grief. The slogan “Recycle the Town” was a winner. How adventurous and visionary those Nimbin villagers were then.



The festival happened. Big changes followed, Nimbin was recycled and spectacularly so. It’s been an exemplar creative community for generations now.

Looking back, I delight to recall the cultural excitement of those times. We were alive with big ideas. The youth resistance to the Vietnam war and conscription had produced a counter culture which wanted to explore lifestyle alternatives.

You can imagine the excitement in the village as volunteers began assembling to create the Festival. The magic meetings, the heart songs and the serendipity.

We knew we were consciously inventing both a festival and a future.

We rented houses in and near the village, camped in the Showgrounds and on the fields adjacent to the village and leased for the event. We sat around camp fires, shared food and ideas, listened to

the heart songs, and bathed in the sensuality of pure being.

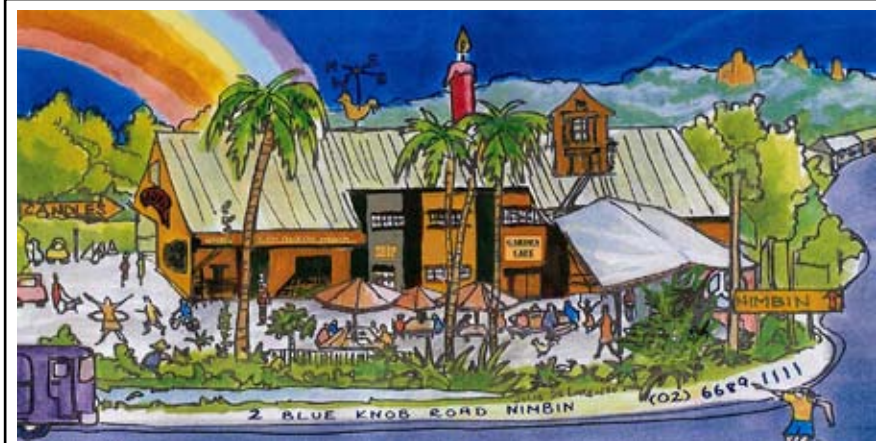
What would it take to evoke that excitement again? Create a camp and let Nimbin magic happen, I say. An Aquarius50 Camp.

Lots of campfires, lots of meetings, lots of conversations, lots of ideas and creativity relevant to these times; lots of luminous personalities, lots of open heartedness, wisdom and prophetic voices, not just for aged Aquarians, but for everyone and anyone who seeks what the original Aquarians sought 50 years ago: survival and joy on Earth.

Recorded and zoomed to the virtual world, of course.

Recycling a town was the promise of 1973 Aquarius. May an Aquarius50 camp turn more wheels.

May a long time sun shine upon you...



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In your neighbourhood...

Nimbin Neighbourhood and Information Centre News

NEW! Nimbin Recovery Support Service

Nimbin Recovery Support Service (RSS) is commencing in September and offers up to two years' recovery support for impacted people in the Northern parts of the Lismore LGA including: Nimbin, Goolmangar, Jiggi, Georgica, Larnook, Cawongla, the Channon and Dunoon. Plus Cawongla, Wadeville, Barkers Vale and Lillian Rock in the Kyogle LGA.

Plus Mt Burrell, Midginbil, Kunghur, Doon Doon and Commissioners Creek in the Tweed LGA.

People living or working around any of those areas are welcome to sign on with us at NNIC and we will assign a dedicated support worker to assist you through the complex journey of disaster recovery including support with grant applications and administration, linking with key services, suppliers and expert advice and housing support/solutions.

Similar RSS programs will be operating across the region including the Tweed, Murwillumbah, Tweed Coast, Kyogle, Lismore, Mullumbimby, Evans Head and the Richmond Valley. People can sign up for support with whichever RSS you prefer and can most easily access.

Given the impacts in our catchment area, NNIC will have a strong focus on landslip issues, impacts on homes, internal roads and infrastructure, plus we have a specialist understanding of Rural Land Sharing Communities aka MOs.

We will be following up with anyone who has registered with us to date to check how you are travelling and invite you to sign up for the RSS program. Anyone not on our register to date is most welcome to contact us via 6689-1692 or email us: nimbinrss@nnic.org.au to sign up.

A gezillion thanks to Northern Rivers Community Foundation!

NRCF recently funded the purchase of a container for emergency supplies at the Nimbin Showground, which is also Nimbin's official evacuation centre.

NRCF has subsequently funded us to stock the container with the supplies we need. Big Ups to everyone involved, especially the good folks of the Nimbin A&I Society.

NNIC and Tools & Equipment Library memberships

All memberships fell due on the 1st of July. If you haven't renewed your membership yet drop in to keep your memberships current. New members always welcome... we LOVE new members!

Your memberships are very important to us, and NNIC membership is still the cheapest in town at the cost of a mere \$5.50 per year.

Take home Naloxone

There is currently a worldwide shortage of Naloxone and in particular the nasal spray version, Nixoid. Luckily for Nimbin, NNIC has plenty in stock.

Naloxone (aka Narcan) can prevent opioid deaths by temporarily reversing the effects of an overdose, giving you time to get medical assistance and for an ambulance to arrive.

Take Home Naloxone is available for free from NNIC, Nimbin Pharmacy or the MSP next to the Hospital.

No prescription is needed and it is available to anyone who uses opioids or who may find themselves having to assist someone who has overdosed (family members, friends, bystanders).

Make an appointment with Nat at NNIC to get some for your First Aid Kit.



Our mental well-being: isolation and loneliness

Maintaining connections with other people is important for our mental well-being. Over-reliance on technology and social media is not recommended.

There are lots of community events happening around the region, after all the disruptions caused by Covid and the disaster. If you are feeling a bit glum, do yourself a favour and get along to one, or more of them for a bit of a cheer up.

Volunteering has also

been shown to significantly contribute to mental wellbeing. With so many different opportunities for volunteering in the Nimbin area, there is sure to be something to spark your interest.

There is a full list of volunteering opportunities and contact details in the Welcome to Nimbin Kit, available from NNIC.

www.nnic.org.au
www.facebook.com/pages/Nimbin-Neighbourhood-and-Information-Centre

Nimbin Aged Care and Respite Services

We assist frail aged people, NDIS participants and carers to stay living at home and connect socially.

All NACRS support workers are qualified, certified, experienced, police checked, Covid-Safe trained, insured and locally based.

SOCIAL CENTRE with Veranda – Monday-Friday 10am-2pm. Drop in for a cuppa, access support services, info and computers.

DEVICE ADVICE – Wednesdays 9.30am-1pm. Seniors can book for assistance with phone, tablet or laptop issues.

SENIORS SOCIAL GROUPS – booking and fees apply

- Nimbin Tuesday Morning Tea, 10.30am-1pm. Tea/coffee, conversation, music and snacks, weekly \$5
- The Outsiders Group 1st and 3rd Thursday, 11am-2pm at various rural cafes, self-funded plus donation to NACRS
- Wise Ones at Koonorigan Hall/Dunoon 4th Monday, 11.30am-1.30pm, bring a plate to share
- Bus Outings – 2nd and 4th Tuesday. Scenic drives, cafes for morning tea & lunch (you pay), bookings essential, fees apply.

Phone 6689-1709 or visit NACRS at Bottlebrush Studio, the rainbow building at Nimbin Community Centre.

www.nacrs.com.au



Nimbin Hospital information



Child immunisation

By appointment, please phone 6630-0400.

Early childhood nurse

Every Tuesday. Baby checks, weighs, post-natal support. For appointments, phone 6630-0400.

Women's health nurse services

Confidential service, checks, advice, general health information. Phone 6688-1400 for appointment.

Wound clinic

Monday, Wednesday and Friday from 8am. For self-referral, phone 6688-1433. Referrals also from Nimbin Hospital and GP clinic.

Drug and alcohol counselling services available

For an appointment, please contact 6620-7600. A trained professional will ask you a few confidential questions and will provide you with an appointment time.

Nurse practitioner clinic

Diabetes clinics: third Thursday of the month, next is 21st September.

Community Registered Nurse

Monday to Friday, 8am-4.30pm. Assessments, wound care, referrals, advocacy, provision of palliative care in the home, medication support. Phone 6688-1433 – leave a message, will return call swiftly.

Nimbin NSP

Needle and Syringe Program open Monday to Thursday. Arrangements can be made to see a Community Registered Nurse.

Health advice line

Phone 1800-022-222 if you have a health issue. 24-hour, seven days a week, free service. A Registered Nurse will assess whether you need to go to an Emergency Department.

Nimbin Hospital Auxiliary

Monthly meetings are held on the 1st Wednesday of the month, 9.30am in the CWA room. New members are most welcome.





by Scott Sledge, president

Bentley quarry decision postponed

More than 200 submissions opposed to an application to expand an old quarry near the site of the 2014 Stop CSG protest were supported by more than 30 speakers to the Joint Regional Planning Panel on 24th August.

The panel decided to defer a decision until November, maybe to learn the results of the Land and Environment Court appeal against re-opening the quarry which has been disused for decades.

Lismore City Councillor Adam Guise said, "The speakers objecting to the quarry exposed the fundamental inadequacy of the proponent's development application and RVC's response in addressing key impacts such as traffic, noise, dust, water, amenity, land use conflict, and sterilisation of others' businesses and livelihoods."

"The panel may well be buying time to see the outcome of the court case, although their reason for doing so was to seek further reports."

Environment picnics set for Nimbin Rocks and Chillingham

Nature Conservation Council NSW is planning a state-wide Picnic for Nature day on Sunday 16th October in every electorate across NSW. This is an exciting event that is designed to bring people together to celebrate nature.

It's a chance to connect with people who may not have been involved before, to talk about what we need to do to win positive change, grow the movement, protect nature, take urgent action on climate change, grow membership and encourage volunteers.

Communities across the state will come together to host and hold picnics to celebrate nature. But this is more than just a fun day of getting outside with family and friends. It's an opportunity to appreciate the natural beauty and biodiversity of your local area and a chance for you to connect with your community.

The Caldera Environment Centre is sponsoring on the Tweed at the Chillingham community centre from 10am-3pm on Sunday 16th October.

There is a kitchen for warming up food and boiling water. BYO everything. Ideally this is a low-key community networking gathering.

Nimbin Environment Centre is organising a similar event at The Rocks on Aboriginal tribal land with a native plants nursery which will be open for cash-only sales from 11am to 2pm. BYO everything, but no drugs or alcohol.

Directions: from Stony Chute Road turn into Morton Road and continue to the end where you will find signs to the picnic spot.

Save threatened Murwillumbah trees

The NSW government plans to cut down trees planted by legendary 'man of the trees', the late Bruce Chick, outside the Wollumbin High School, and locals are mobilising to save them.

Please contact your parliamentary representatives to stop the destruction of the iconic native trees.

Forest News: Fridays for Forests

F4F meets at 10am every week, sometimes in a town and sometimes in a forest, to enjoy and protect our native flora and fauna.

Our native forests and endangered animals and plants are being logged to extinction. You can help protect them via: www.nefa.org.au/fridays4forests or: #StandUp4Forests on Facebook.

There is considerable momentum to save threatened species with a state government election due in about six months (March 2023). A demo is planned outside the office of Geoff Provest, the Nationals Member for Tweed, on Wednesday 7th September at 11am.

Many other actions during the lead-up to the election will remind voters that we need to end logging of our public forests which is ecologically unsustainable and subsidised by our taxes, and adopt a eco-friendly plantation system for supply of timber needs.

Much of what is cleared during logging today is simply chipped and/or burned. Forests workers could be better employed enhancing forest health and maintaining fire trails.

Dailan Pugh, president of NorthEast Forest Alliance (NEFA) reports that national TV has taken an interest and screened a segment on *The Project* in August.

"*The Project* ran a story focused on Koalas and Wild Cattle Creek. They were suitably horrified that logging and clearing of koala habitat is happening on public lands and that taxpayers are footing the bill," Dailan said.

The 'End Public Native Forest Logging' petition, supported by NEFA and other environmentalists, asks for an end to logging public native forests, a ban on burning native forests for electricity, and implementation of the Natural Resources Commission's recommendation to restore hollow-bearing trees by retaining more mature trees able to develop hollows in the future.

It would be good if people lobbied MPs Janelle Saffin and Geoff Provest to support it before it goes to parliament on 15th September.

For NEFA's March 2022 court action update and other current NEFA news, see: www.nefa.org.au

Citizen scientists found over 55 logging breaches by FCNSW at Ellis State Forest. NEFA calls for the NSW EPA to issue an urgent stop work order. The year before last, it directly cost NSW taxpayers \$20 million to log public native forests (we pay to log our trees), as well as tens of millions in subsidies.

It is a loss-making industry for taxes, wildlife, ancient trees, soils and water, though lantana, fires and dieback are thriving.

New stock at Cullen Street shop

The volunteer-run NEC shop will have extended hours during the MardiGrass festival weekend on the 16-17th September

We now have some t-shirts for sale to assist the Wangan and Jangalingu people fight the Adani coal mine to protect their land and the Great Barrier Reef, and some long-sleeved tees with the NEC logo, plus NCC 'Koalas need trees' shirts.

All profits go to saving our planet.

Community Centre News

by Teresa Biscoe, co-ordinator

Spring has sprung, things are getting warmer and promising to be wetter (don't know if I am ready for that).

The garden is growing fast around the centre. Many thanks to our wonderful volunteers Jane, Moni and Chris who have been working hard, with Robyn our gardener, to make the grounds and gardens tidy and welcoming for visitors.

September promises to be a busy month in Nimbin with an event scheduled for almost every weekend.

Wonderful opportunities for the local community to enjoy and participate in local arts and culture.

The Indigenous Culture Centre

Many thanks to those individuals, businesses and organisations who saw our plea last month and have chosen to contribute to the pay the rent fund to keep the Centre going.

If you are still deciding but have lost the bank details, contact us at: ncci@nimbincommunity.org.au and we will share the details of this dedicated account with you.

Volunteers

The Community Centre relies on the contribution of volunteers to keep the centre going. We are not a funded organisation and only have a small amount of funds available for our gardens and grounds.

Over the disaster we

lost our regular volunteers and we could all see the difference. Our gardener just couldn't keep up with the few hours a week she has.

In the last couple of months, we have attracted four new volunteers. Jane and Moni who have been doing wonderful work in the gardens supporting our gardener Robyn; the wonderful handyman Chris who has been busy unblocking drains, fixing gutters, cleaning pathways and any other job that needs doing; and recently Paxi who has just started engaging again in community after a long period of recovery.

I want to thank you all for your unique contribution to our Centre and the community.

If you want to become a volunteer, please contact us and I would love to have a conversation with you.

Rainbow Road Walking Track

The Walking Track project is at an exciting stage, with the project team having sorted out the route so all the details about where furniture should be put, art, signage, vegetation plans etc. will be the next area for development.

The group working with council are hoping that there will be an opportunity soon for wider community consultation about this stage of the design, so we all get a chance to give feedback about this important future community space.

A project 25 years in the making that will give us all more choices in our shared community spaces. The Community Centre is proud to have been a partner in realising this important community project.

NIMBIN PIZZA & TRATTORIA

Open 4.30pm til 7.30pm, 6 days a week

CLOSED TUESDAYS

Wednesday – Sunday
Dine-In available
and Groups welcome!

Monday
Pizza and Take-away only!

We look forward to serving you
DELICIOUS MEALS with
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NIMBIN'S SUSTAINABLE LIVING HUB



7 Sibley Street

September What's On!

\$10 unless otherwise noted
Bookings: text 0475-135-764
or email: sibley@nnic.org.au

Workshops (start 10.30am)

- **Agroecology course** – 6 sessions over 3 months (2 days per month). Learn how to design, implement and manage your own food forest using principles of permaculture, agroforestry and syntropic farming. \$425 or \$100 per day, bookings essential. September dates, 9am-5pm at 7 Sibley Street:
- **Sat 3rd: Microbes, forest systems and locally appropriate foods**

- **Sat 10th: Providing for plant needs**

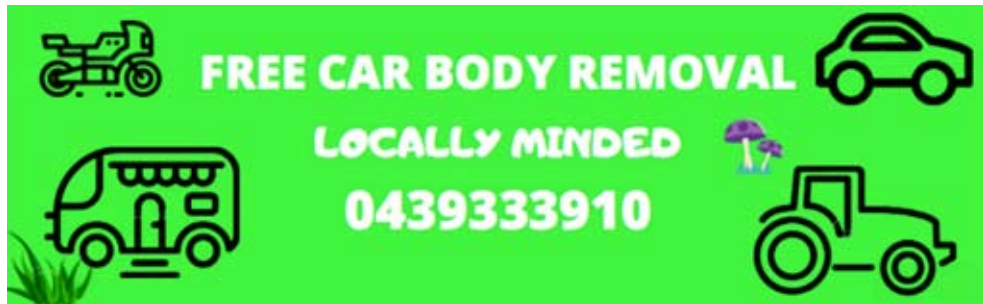
Regular events

- **Tues 20th: Knitting group:** every 3rd Tuesday.
- **Wed 7th and 21st: Spinning and Weaving:** every 2nd Wednesday.
- **Community Tools Library:** Wed and Sat, 10.30am – 2pm.
- **Sat 24th: Seed Exchange** – bring/swap homegrown veggie seeds and cuttings.



Shop 1, 66 Cullen Street

**** WARM FASHION CLOTHING NOW IN STOCK ****



School tree destruction

As a former student of Wollumbin High School, having completed years 7 to 12 from 1999 until 2004, I was privileged to be involved with Bruce Chick and his passion for native regeneration.

Under his direction and co-ordination, a collaborative educational program was offered to students to regenerate the former farmland landscape of the school grounds with native species.

Bestowing students like myself with awareness and appreciation of the delicate balance between mankind, our interaction with our physical environment and also our obligations to create and maintain sustainability.

I find it an insult to the pioneering work of students such as myself and the legacy of Mr Chick that such crucial collaborative, educational and sustainable living contributions to the ecosystem are proposed to be destroyed.

My perspective as a 35-year-old is that Wollumbin High School by name and motto was an educational institution enlightened by the rich historical, cultural and environmental values of the broader caldera area that fed the school.

Mr Chick and his regeneration program was the embodiment of those ideals.

When I attended the school the motto was "together we learn", and that is precisely what was offered to us as students through this program; an opportunity to learn and leave a lasting positive impact on both the school and the ecological system for generations to come.

I nostalgically remember planting trees under the guidance of Mr Chick with a peer, a friend who would later die in Year 11, before we completed high school.

When I heard of the proposal for the trees being removed, I thought what it did we prove? What is the lasting lesson here?

I know what it should be, I know what Mr Chick wanted it to be and what we as students wanted and that is a legacy that we created, a small contribution that with time and growth stimulates more growth and life for flora and fauna. It is also a living legacy of individuals who are no longer with us, and it is an insult to former students and defeating future endeavours to destroy that achievement.

How do we promote environmental change when the pioneering work of patrons, and the collaborative achievements of individual students mean nothing in the face of convenience?

From my perspective the Department of education

NGT welcomes letters and other contributions received by email or post prior to deadline. Letters longer than 300 words may be edited for length, and articles for accuracy. Please include your full name, address and phone number for verification purposes. Opinions expressed remain those of the author, and are not necessarily those of Nimbin Good Times.

owes:

- Mr Chick and his tiredness dedication more regard and
- the students involved an explanation as to why their work is proposed to be subject to nothing more than corporate convenient vandalism.

If the school is to be merged and that legacy lost, then at the very least as ex-students we deserve the respect and courtesy that our work is not in vain and remains as a living testimony to our achievements. A testimony that will continue for generations.

That is the life-long lesson Mr Chick instilled in our young minds decades ago, and it's a message I adamantly believe the Department of Education should promote and not destroy.

Aliesha Rawson
Chillingham

Oh, shock and horror

There are some old age pensioners living together.

How disgusting is this... some are even married!

The Members of Parliament from all political parties are disturbed. How dare these aged persons live such a lifestyle?

Messrs Albanese, Dutton and Morrison do not approve and don't lead by example.

The Centrelink Gestapo are out peering in windows to catch these pension cheats.

Of course, our elderly are expected to live alone and perhaps pass away in loneliness.

If they live together, our MPs will ensure they starve to death by reducing their pensions.

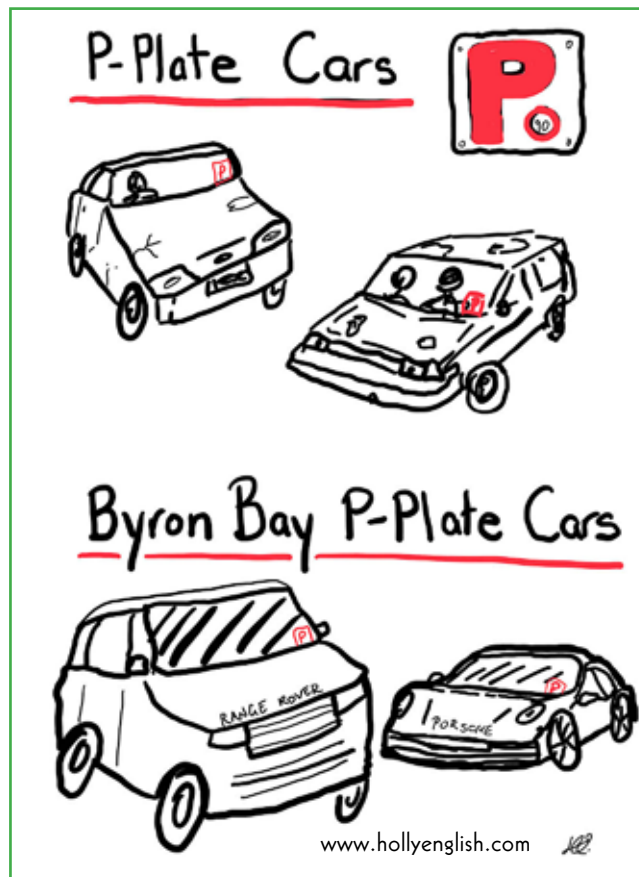
Why is it not so that our MPs have their salaries reduced if they live with a partner?

Why are our public servants not having their salaries reduced under the same premise?

Perhaps everyone in the workplace could have their incomes reduced if they reside in partnership.

Why is there discrimination against the aged pensioners?

Because they have no unions or power to fight back, and the cowards of Canberra can have a field day diverting these savings to their overseas travel... whoops, holidays.



Aged pensioners are being financially bashed on all fronts, while the Canberra cowards eat cake.

Claire De Ellae
Urbenville

Social experiment

I think there's an opportunity for a great social experiment: if we make Lismore dry like Boxhill with 0% alcohol, can we reduce DV to zero?

Expand the no smoking zone, study obesity with MRI at the uni, and provide a wildlife support service, add emissions-free transport and universal basic wage.

Can we regain our social licence after the rainforest removal and whale slaughter of past generations?

William Goode
Lismore

Words are power

Since the election of the Albanese government the word 'owners' has stealthily replaced the word 'custodians' when acknowledging Aboriginal peoples.

'Owners' means 'those who own something; who have the legal or rightful title to something', while Custodians means 'those who have responsibility for taking care of or protecting something.'

This is a huge difference with consequences that most Australians are completely ignorant of.

Then there is the word 'traditional' which means 'following or belonging to the customs or ways of behaving that have continued in a group of people or society for a long time without changing' (Cambridge Dictionary).

Throughout the 60,000-odd years of Aboriginal culture, the Aboriginal peoples themselves never held a belief that they 'owned' the land. Instead

their belief was that 'the land owned them'.

Namely, "rather than owning land, each person belongs to a piece of land which they're related to through the kinship system." (sharingculture.info, evolves.com.au).

As many Aboriginal leaders themselves state, there is a question of hypocrisy in acknowledging First Nations people as the Traditional Owners without taking any action to return the title deeds of the land to the current Aboriginal and Torres Strait Islander generations!

For students of the English language and those in the legal profession, words always and only mean exactly what they say: and it should be obvious to all that since colonisation Aboriginal 'customs or ways of behaving that have continued in a group of people or society for a long time without changing' has not been the case!

Aboriginal peoples no longer go naked as they had for 60,000 years. Many of them own their own brick veneer homes and or parcel of land just like other Australians.

Their beliefs and politics have been influenced by the Church, by Islam, by Negro, Inuit and Maori activists and by European legal constructs.

And today these non-traditional Aboriginal beliefs have been, and are being, superimposed upon traditional Aboriginal culture to give the impression, for purely political purposes, that they were always a part of it!

Words are power; and before the proposed referendum on an Aboriginal and Torres Strait Islander 'voice', all of us of voting age will have to consider this.

Azan Mann
Evans Head

About us

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The Nimbin GoodTimes acknowledges the Bundjalung people, the traditional owners of the land and waters on which we work and live, and pay our respects to the Elders both past and present.

Jock, Rosie and Trevor
Bookkeeper Martha Paitson

Web www.nimbingoodtimes.com
And find us on Facebook

NGT is published by the Nimbin Aquarius Foundation, 81 Cullen Street, Nimbin.

NEXT DEADLINE:
Friday 23rd September

Email nimbin.goodtimes@gmail.com or put stuff in our pigeonhole at the Nimbin Community Centre.

Goodbye Doug

Douglas Ian Ford 30/7/57 – 1/8/22

Doug died peacefully in his room in Nimbin Multi Purpose Service on 1st August at 11:11.

It was two days after his 65th birthday, and after a couple of weeks of no longer daily tending his beloved courtyard garden, nor picking the most beautiful flowers for nurses to wear in their hair.

Doug moved into the Aged Care unit at the MPS in May 2016, two years before me, when I first began to know him a little.

In that era he'd spent most days out, uptown with friends, until the Covid lockdown from March 2020 ended outings for over a year.

Doug relied afterwards upon his friends for fresh



food and other physical and spiritual sustenance, repaying us all with extraordinary garden magic, despite chronic pain.

A Leo rooster if ever there was one. Nimbin's that much quieter.

– Ian Smith

Environmentalists mourn loss of Olivia Newton-John

The Rainforest Information Centre expresses our deep condolences to the family and close friends of Olivia Newton-John.

We remember her as a staunch warrior for the rights of nature. She believed passionately in wanting the destruction of our forests to stop. She loved and appreciated koalas, and was worried about their future. She supported civil disobedience to try and stop the destruction.

In 2002, Olivia starred in a film by the Rainforest Information Centre: *On The Brink*.

The film also featured Jack Thompson, and the three Davids – Attenborough, Suzuki and Bellamy.

Four iconic animals on the brink of extinction decide to try and save their forests homes: Tiger quoll, masked owl, yellow-bellied glider and koala. Olivia was the koala's voice. Jack Thompson was tiger quoll.

The film was shown in the lead-up to the 2003 NSW election, when then premier

Bob Carr did indeed promise to protect some significant areas of forest. Unfortunately, the sweetener for the logging industry was that they could log the rest for another 20 years. Until now. Time's up. Now it really needs to stop.

No surveys have been done to see which animals survived the catastrophic bushfires of 2019-20. We don't know how many colonies of koalas were wiped out. We don't know how many gliders burnt in their tree hollows.

The Covid pandemic took the spotlight away from the tragedy that had just happened. And while no-one was looking, logging got underway again.

So sadly, the film is still current.

If Olivia were alive and well she would be speaking for the trees. It is with deep gratitude for her generous life that we honour her by urging all her fans to find out about something she held dear.

Watch and share our quirky video. Listen to Koala. Here's a link to *On The Brink*: www.rainforestinfo.org.au/video/otb_v.html

Susie Russell
Lismore

Nimbin CWA branch building community

by Linnet Pike, President

“There is no shadow without light and no light without shadow.” – Haruki Murakami.

This year has been one that I know we shall all remember, for a multiplicity of reasons. For us in Nimbin CWA, I don't think many of us have worked so hard or been so deeply tired in many a year.

Earlier this year, just after the Great Flood, I wrote that our world had been forever fractured and that the shape of our new world would not emerge for a long time. Many of us are still in this liminal space, caught between what was and what will be.

Many in our Northern Rivers extended tribe are caught in a tortuous, protracted, almost Kafkaesque cycle of rollercoaster emotional trauma, as they await life-changing decisions. For many around Nimbin, in our hills and vales, landslides left them stranded in seas of still shifting mud and debris. This continues to be a very real and constant issue.

However, even at the height of our full “Emergency” response, Nimbin CWA took pause on International Women's Day and put out the call for women to gather at the main stage, behind our room in the Figtree building, at the Community Centre.

In amongst the very real darkness, fear, uncertainty and distress at that time in early March, some forty or so women came together, shared food, and talked of weaving our broken world back together, whilst some of us literally sat on blankets and rugs with some of our local weaving women.

We left our hands to individually focus, stranding our local forest gleanings and vines together, whilst our minds, spirits and hearts freely soared together. It's truly important that as a community we share our collective moments of healing, solace and lightness.

In those first weeks after the floods, we were open on a daily basis, sorting donations, cooking food at need, liaising and collaborating with other community organisations and being a meeting place for any number of groups, and planning sessions; we offered a space in which many found comfort and practical support, and we held space and stood witness to our collective grief and experience, whilst still making time for a yarn.

For several months now, we have continued to open on Wednesdays, our Open Door Day, offering free and cheap clothing, bedding and other essentials, hot soup, cuppas, and our favourite cakes, slices and, of course, our traditional CWA scones.

From September, we are cutting back to opening on the 2nd and 3rd Wednesdays of the month for our Open Door Days.

When we re-formed CWA Nimbin



Branch back in early 2019, our world was a very different place. We hoped to slowly build and consolidate a space in the heart of our community, to do what the CWA does: support women and their families in rural and remote areas on multiple fronts – whether cultural events, agricultural and environmental issues, or social issues.

We looked forward to offering special events such as High Teas for our older community members and many a fundraising gig.

Reality has been different however in between the “series of unfortunate events” and emergencies, we have engaged in environmental issues, encouraged citizen science, launched books and relished our community's uniquely diverse and inclusive culture.

There have been many long shadows, but over the last month, we have looked towards the lighter side of life and we are beginning to hold workshops and gatherings to celebrate our community's resilience and our deep local connections, creativity and core spirit.

We came together to celebrate Imbolc with our community weavers Nicole Raward and Kerry Lord-Negus, and spent a welcome interlude making St Brigid's crosses with community members.

For us in the Southern Hemisphere, Imbolc is the Celtic festival heralding the transition between Winter Solstice and the Spring Equinox, a day when St Brigid's crosses are traditionally made to protect hearth and home.

Dee Semple, one of our artists in the Branch trialled a Cyanotype workshop with members, and will be offering a public workshop in September in this fascinating old (1842) printing process that produces blue prints using coated paper and light.

Finally, this month we offered ‘Demystifying Cryptic Crosswords’ and a concentration of crossworders enjoyed a morning together, learning some of the skills needed to “read” cryptic clues, facilitated by our Robyn Counter.

They are all keen for more sessions and these will be forthcoming over the next

months. And we are back at the Bowlo on a monthly basis for our CWA Trivia Nights.

CWA are slightly daunted to be taking part in one of the social highlights of the year, our dazzling Nimbin Fashion Show – a showcase for our creative local designers.

It's always a stunning production that Samara Burcher, that many-armed goddess who does so much creative volunteer work in our community, somehow finds time to pull together every year, ably supported by her amazing crew. All proceeds go to the School of Arts.

Some of our members are “walking”, showcasing the slow fashion concepts that we espouse: re-using, re-cycling, refurbishing and also showcasing our Branch aprons.

This epic venture has been co-ordinated by Pauline Ahern, one of our well-known local artists and our own Branch Handicrafts Officer.

As MardiGrass is approaching, we have also been working on having a bit of appropriate Green clothing to help people fly the green banner against prohibition.

CWA supports the use of Medical Marijuana, and our Branch will post on our facebook page our availability during MardiGrass.

All of our workshops and gatherings are posted on our CWA Nimbin facebook page.

September is also CWA Awareness Month and this year's campaign focuses on the critical need for improvements to maternity services and support in rural and regional NSW.

Our Association is partnering with the NSW Nurses and Midwives Association (NSWNMA) for this year's campaign.

It's nearing the end of the CWA year and our AGM will be on 10th October, at 1pm for a 1.30 start, followed by our normal Branch meeting.

All interested women are very welcome to attend and we expect to have a few busy months coming up, as we move into Spring and the lightness and hope that this season generates in all our spirits.



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Importance of community

It was great to attend last week's Nimbin Advisory Group meeting.

One thing that I have taken out of the recent natural disaster is the importance of our entire community standing and working together as one to help each other.

There were many topics covered at the meeting, which as always was very constructive and positive,

including current and upcoming roadworks, the Rainbow Walking Track and the Nimbin Pool among others.

The February natural disasters caused significant damage to roads around Nimbin, as well as across the entire local government area.

It will take years to get our roads up to scratch, but Council and the State Government are determined

to build back better rather than simply replacing like with like.

I am happy to report that there have been a record number of Council crews working on Nimbin roads, filling potholes including on Crofton Road near the first causeway and on the Nimbin to Lismore Road.

We are still working out the best way to repair two sites: Terania Creek Road and around The

Channon, but Council has just embedded a specialist Transport for NSW engineer who can assist with the crucial geotechnical studies needed to come up with a workable solution.

To keep up to date with all current and planned roadworks, you can go to our Your Say Lismore website at: www.yoursay.lismore.nsw.gov.au and look under the 'Maintaining Our Roads and Bridges' category.

Unlike last year, it looks like we may get a summer this year. Naturally, the

Nimbin Pool was an obvious topic of discussion at the NAG. Council staff are now preparing the pool to open in time for the Spring school holidays.

We also discussed the Rainbow Walking Trail. This is a really exciting project which you can read about in the article in this edition of the *Nimbin GoodTimes*.

Finally, I hope everyone enjoys the MardiGrass. It is a very unique event that Council is proud to support.

steve.krieg@lismore.nsw.gov.au



From the mayor's desk
by Steve Krieg
Lismore City Council

Voice for the voiceless

by Cr Adam Guise
Lismore City Council

What a year so far! I was lucky enough to be re-elected as a Lismore City Councillor and it's been a rollercoaster ride since then.

Having been personally impacted by the floods like so many – with flooding to the ceiling at my home in North Lismore – it's been a slow and arduous recovery. Off the back of the drought and bushfires, it's very clear we are on the climate frontlines.

As I crawled down from my attic as the second floodwaters receded, I realised the madmen are in charge and they are determined to hurtle us over the precipice. Thank goodness we've since had a change of Federal government, which gives us some breathing room to voice the insanity of the previous regime.

Nevertheless, the daunting challenges of our times remain, and we still have a state government focused on jobs for mates, pork barreling and profits for developers. Bring on the state election!

On the local front, we had the Krieg Regime elected with a majority, which in the first month saw them terminate a very capable general manager and install John Walker.

People may remember John Walker from the coal seam gas campaign when he was Richmond Valley Council's GM. Despite now being Lismore's interim acting GM, he's very quickly been given spending delegations – without the need for tenders – for up to \$1 million, and unlimited delegations for spending \$300 million



plus of taxpayers' monies under the premise of 'flood recovery works'. Amazing what happens during times of crisis!

With the Krieg Regime campaigning under the slogan "We are the change", we are very quickly seeing what this means to the residents and ratepayers of the LGA.

Since the devastating February and March floods, Mayor Krieg has called for a 'dictator' and more recently for councillors to be sacked so an 'autocratic' approach can be taken. This flies in the face of Krieg's democratically elected role and his absolute majority of councillors who should be leading us through these challenging times.

Instead, we've been subjected to frequent midnight meetings due to unnecessarily lengthy proceedings; councillors being left out of the loop with information and media announcements; and most recently, a reduction in public speakers at meetings to just four a side, and the introduction of confidential workshops and briefings. This wasn't the change that was promised pre-election, was it?

Thankfully, your re-elected and experienced councillors from previous terms are

giving voice to the voiceless. One such occasion was the koala-killing Invercauld Road housing development in Lismore, which threatens to impose a 203-lot cut-and-fill housing development on core koala habitat in Goonellabah.

Despite the Krieg Regime wanting to accelerate approval of this McCloy development by calling an extraordinary meeting, a majority of councillors voted it down, but only thanks to the mass mobilisation of community members and Burribi the koala opposing this destructive development.

The developer has appealed the decision and we hope the Land and Environment Court upholds Council's decision.

So as our communities slowly recover from these devastating floods, know that there are people with reason and compassion speaking up for the voiceless and advocating for the most vulnerable in our community.

We've seen it with the faith-renewing response of hundreds in our community post-flood and it's the reason I continue to fight for the representation and community-led recovery we so desperately need.

Feel free to get in touch: adamguise@gmail.com or phone 0478-684-497.

Full mobile library service to Nimbin

As Chairperson of the Richmond Tweed Regional Library, I am so very happy that we have been able to restore the full mobile library service to Nimbin and the other villages it services across our region.

We were able to purchase a second-hand trailer and fit it out, so that our many library users can now access and browse through a wider range of books, use the computers, and order items from our e-collections.

Another initiative of the RTRL has been to work with our police in the Tweed and Richmond local commands to provide a selection of books to be included in every police vehicles' child trauma kits.

Children can bear witness to confronting and challenging situations that can leave them quite distressed. Providing children with a book while they are in the back seat of a police vehicle allows the youngsters to redirect their attention and reduce the lasting impacts of trauma.

Through this program, our aim is to have a range of books in the back seat of police vehicles that can be distributed to a child in crisis, providing a welcome distraction and hopefully assisting in calming the child.

These books have been provided by 123Read2Me, a charity in Melbourne providing free books to children across many communities.

Lismore City Council is eligible to receive up to \$1.5 million in funding from the NSW Government Sports Priority Needs Program.

Council is seeking



by Cr Darlene Cook
Lismore City Council

information from community sporting groups to assist in the identification of priority projects for their sports. In order to meet the tight timeframes of this funding application, due by Sunday 11th September at 11.59pm, groups are asked to submit sport projects into the form on: <https://yoursay.lismore.nsw.gov.au/sports-priority-needs-program>

Your co-operation in meeting this short timeframe will ensure Council staff have sufficient time to finalise application content prior to the grant deadline of 23rd September. For questions regarding this council process, please contact Community Recreation Planner, Jim Roberts on 02 6625-0500.

For information about the funding program, to review the eligibility criteria and suitability for your project, please visit: www.sport.nsw.gov.au/grants/sport-infrastructure-recovery-fund/sport-priority-needs-program

Nimbin Water Supply pipeline replacement project is underway. The water supply to Nimbin town is from Mulgum Creek, where water is drawn from a weir at the top of Gungas Road.

The supply pipeline

from the weir was severely damaged during the February and March 2022 flood event. This resulted in approximately 4km of pipeline and road being destroyed, negatively impacting the supply to DE Williams Dam. The damaged pipeline directly supplied approximately 80 properties in Nimbin town.

The immediate works which were put in place as a temporary measure to hasten construction and secure water supply after the flood event, will now be replaced with a permanent solution, that being 200mm diameter pipe to ensure hydraulic capacity is maintained.

The project has commenced with hydraulic assessment and options assessment completed. Construction is expected to take place between October 2022 and May 2023 (subject to weather, contractor and materials availability.) This will be followed by further testing and commissioning.

No water disruptions are anticipated, as this pipeline supplies the DE Williams Dam. Both the DE Williams Dam and High Street Reservoir have ample water supply available.

These past few weeks I've been out of circulation with a broken leg, which has meant I've been unable to attend a number of community events and meetings. However, I've been keeping on top of council matters as best I can, and I hope to be mobile and out and about in the community in a few weeks' time.

I can be contacted by phone on either 6626-0154 or 0427-895-316; or via email to darlene.cook@lismore.nsw.gov.au



On
the
same
Page

Six months on from flood disaster

by Kevin Hogan,
Federal Member for Page

It is now six months since we were hit by Australia's second biggest ever natural disaster. We are still so far from where we need to be.

Government ministers and

bureaucrats need to act with the same speed, as if it were their families who are still not back in their homes and businesses.

I continue to demand information and money to get us back on our feet. We urgently need:

1. The State Government to

hurry up and release details on the voluntary land swaps, buy backs or house raising program.

2. Critical food producer grants for our farmers, who need to replant crops and replace cattle and equipment that washed away.

3. Funding for shop owners to get their shops and sheds to a condition that the businesses can fit them out and re-open. We know we have a long road ahead of us. We are taking it one day at a time. But we need more support each and every one of those days.

Floods, safety and the dismal tide of neoliberalism

The flood enquiry report has been released and we are still in the dark about exactly what is proposed in terms of buy backs of flood affected properties.

The report is voluminous, probably well-meaning and full of many fine sounding words. There is recognition of the effectiveness of self-organised community rescue and recovery. There is recognition of the impact on First Nations communities and of the need to support emergent leadership within those communities.

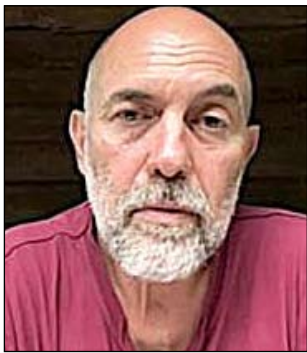
There is much more about what went wrong in the responses of state-based agencies and how to re-organise these resources.

It is to be hoped that a much overdue re-investment in river gauges, rainfall monitoring and predictive capacity will actually happen and improve the accuracy of forecasts and warnings.

I don't want to be too cynical about what we can expect in terms of implementation down the track, but it would be foolish to not at least be a little sceptical about what the wheels of bureaucracy and the dark hand of capitalism will serve up for the flood-ravaged communities of the Northern Rivers.

How did it all become so bad? Well for a start there was a catastrophic flood, 2.5m higher than post-colonial records. This has come off a decade of tumbling weather records and extreme events as the pointy end of climate change begins to become manifest.

Faced with a major disaster, the State -based agencies totally lacked the



by Aidan Ricketts

requisite surge capacity to respond. Should we be so surprised at this? You pay peanuts and get monkeys, they say. Well, when we repeatedly cut taxes (for the rich) in the name of small government, we should not be so surprised that the State turns out to be a very thin façade when real disaster strikes.

Small government is a popular neo-liberal mantra, but in reality what it leads to is a struggling public sector. Schools and hospitals, emergency services, all maintained as close as possible to the point of collapse perpetually.

It's like the airline CEO who makes huge savings by sacking the aircraft maintenance crews. It looks like a saving at first but when the planes start dropping out of the sky the reputation of the airline will be destroyed possibly forever.

So, if we really want to build a surge capacity in our public institutions for pandemics, fires, and floods we need to actually raise the funds and invest in it. Taxing the rich and the corporations would be a good start.

The state-based agencies collapsed on the day of the peak flood, and for



weeks afterwards, and our community filled the gap with remarkable speed and self-organisation.

This is something the Northern Rivers is good at. We do it for the Lantern Parade, we did it at Bentley and we do it in the face of natural disasters.

The community is always going to have an edge over State-based agencies in the immediate response for several reasons. The community is not a top-down, clunky command structure. It is a living breathing entity that just happens to be on site, at the time, all the time, with massive granularity, significant physical resources, local knowledge, and importantly it is not hamstrung by bureaucracy.

One of the most important and effective things that the government could do immediately at the time of natural disasters is to provide funding and

resources swiftly to emergent community self-help groups such as Resilient Lismore and *Koori Mail* and others. These groups offer maximum efficiency and bang for your buck in the crucial early weeks.

One glaring issue that the flood report failed to discuss was the maladaptive nature of safety ideology in the context of natural disaster. Now nobody wants to be unsafe, or see more avoidable harm occurring, but we need to be explicit here. A disaster is not a place where textbook safety procedures can operate.

The community rescuers, the tinny and kayak navy had one huge advantage on the day and it was that they weren't hamstrung by safety paralysis. In a widespread life-threatening situation, the imperative is the reduction of the ubiquitous risk, rather than adherence to a fantasy standard of safe practice.

It's not completely safe pulling people out of windows and roofs into boats, but it's a lot safer than leaving them there.

The other place where the ideology of safety proved to be maladaptive and harmful was in the widespread destruction of people's homes following the flood by 'make safe' crews deployed by insurance companies.

The sad fact is that for many who had insurance they ended up worse off than those who didn't when their control over their home was taken over by gangs of vandals subcontracted to insurance companies, who, in the name of safety destroyed many homes.

We all understood that gyprock and chipboard needed to be stripped out, but once unleashed on a home there are many instances of wooden lining boards being trashed by these crews, and bathrooms and kitchens destroyed,

rendering people homeless for winter.

For the uninsured, there was the choice of what to do, how much to dismantle and even to choose how and when to re-enter and camp on verandas.

My own home in North Lismore was able to be re-occupied in a very basic manner within a week, but sadly many similar homes were pre-emptively destroyed, only to then be told that any form of rebuild was either many months away or worse, was not actually going to be covered by the insurance anyway.

There are so many lessons to be learned from a natural disaster. The following are just a few things I have learned.

One is that floods and extreme weather are a reality and probably a reality that will occur more often in future.

The second is that individual and community resilience is the most important and reliable resource in the face of disaster.

The third is that the neoliberal state is but wafer-thin and not equipped with genuine surge capacity.

The fourth is that safety ideology both at the state and corporate level is a maladaptive delusion that actually paralyses responsiveness at the time of crisis and leads to perverse outcomes in the aftermath.

I do hope that good changes come about as a result of the inquiries, reports and recommendations, but my intuition is that our community is our strongest tool when times are tough.

Consultation key to CSIRO Northern Rivers Resilience Initiative

by Janelle Saffin MP
State Member for Lismore

The Australian Government has announced \$150 million for projects to make the Northern Rivers more resilient to flood-related natural disasters, and has asked the CSIRO to review and assess options, and do detailed modelling.

There's an opportunity for locals to get involved in the CSIRO's Northern Rivers Resilience Initiative to investigate possible flood mitigation projects.

In July the CSIRO met with seven flood-affected councils: Ballina Shire, Byron Shire, Clarence Valley, Kyogle, Lismore City, Richmond Valley and Tweed Shire, and with Rous County Council.

The CSIRO says it is planning consultation workshops from September for local stakeholders, and community members will be invited to put their views. There will also be consultation with First Nations communities.

I have called for community consultations for this project and said there must be participatory

planning when looking at any flood mitigation projects. There is a wealth of local knowledge and research to be tapped into.

Local voices heard

Late last month the NSW Flood Inquiry 2022 was released with 28 recommendations for NSW Government action. The Commissioners Professor Mary O'Kane and former NSW Police Commissioner Mick Fuller have done a comprehensive job.

Their report strongly reflects our experience of the systemic failure of emergency services, government agencies and infrastructure, and the enormous role of community volunteers – from preparation to rescue to recovery and rebuilding.

The key recommendations cover issues I had been raising since the flood:

- Providing a mix of buybacks, relocatable and land swaps, and changes to planning to help people move away from high-risk floodplains;
- Getting rid of Resilience NSW;
- A dedicated emergency management taskforce at

the highest level of NSW Government;

- A NSW Reconstruction Authority to be established;
- Support for community responders;
- Greater support and training for the State Emergency Service; and
- A greater emphasis on affordable housing in the Northern Rivers and Northern Tablelands with adaptation plans for towns to be developed.

I thank all the local people who made submissions to the inquiry and encourage you to read the executive summary and recommendations. There are a few surprises.

The recommendations are far reaching and address the ongoing crisis in social housing in our region, the need to adapt for the changing climate, and the importance of Indigenous voices being heard when it comes to stewardship of the land.

The Premier has committed to implementing all 28 recommendations. But we need a sense of urgency from the NSW Government and we needed a lot more to have happened late last month.



Janelle Saffin called for the independent Flood Inquiry report to be released locally. She is flanked by NSW Opposition Leader Chris Minns and NSW Shadow Minister for Emergency Services Jihad Dib.

Where's our housing package?

I was shocked when watching the ABC's *QandA* recently (18th August) to hear the Federal Emergency Management Minister Murray Watt say the NSW Government hadn't formally requested a Resilient Housing Package yet. Un-bloody-believable! The Queensland Premier

announced her state's joint Commonwealth housing package in March. Has the NSW Cabinet even considered it?

I have been bi-partisan, I have been reasonable, and I have been patient, but my patience is wearing thin!

I will continue to push for this to happen as soon as possible.

When injustice becomes law, resistance should be fun!

by Caroline Todd

Nimbin is used to protesting, and 30 years ago the first MardiGrass protest rally marched from the Bush Theatre to the police station where Bob Hopkins handed himself in for smoking a joint.

Really, that happened. Such was the frustration of the community with the police at the time that the event was created to protest the stupidity of the drug laws being enforced on peaceful people.

Choppers and ground troops were scaring schools, family homes and livestock in their eradication of cannabis program which was funded by Australian taxpayers, benefitting only the police industrial complex which includes police, lawyers, magistrates, judges, court staff and the big winner, privately owned jails.

We vowed to rally every year until we are no longer criminals for using and growing this herb. Prohibition does not work. Minor drug crimes can land you in jail. Lives get wrecked.

When we can celebrate the herb without fear of prosecution and persecution then MardiGrass will be a proper festival and



celebration! Ole!

And every year since, people from all over join the rally to protest the draconian laws still surrounding the use of cannabis, a sacred plant used for thousands of years as medicine, nourishment and for spiritual guidance.

The Ganja Faeries danced the rally in the second year and almost every year since (who remembers 2020 anyway).

They were inspired by the flamboyant MardiGrass marchers in Sydney, who to avoid police brutality performed and danced costumed, colourful and smiling. It worked, everyone loves a parade.

Five of the original Faeries will be dancing in 2022, Janie, Biko, Pammy, Linda and Chantico, good on you ladies!

You can join the troupe by contacting the Nimbin Ganja Faeries Facebook page, and if you are a far away faerie you can learn the routine there too.

The rally is led by Widjibal elders of the Bunjalung nation who 'smoke' the town. Then comes the Spring Queen in full bloom. Nimbin drummers and musicians follow with community groups and friends from all over with banners and flags.

The Plantems and the Polite Force will bring up

the rear with the Big Joint and tunes from Bob. The rally will be called by locals David Hallett and Duuvy.

The march is the main event, so please walk with us for cannabis law reform. Bring your friends, dress up, make a sign or carry one of ours.

Banner and sign painting will be happening daily at the Hemp Embassy, so drop in if you would like to help.

On Sunday 18th September at 2pm, we all meet at the exit of the western carpark, across the road from the Community Centre. The March starts at 2.30pm.

See you there and *free the weed!*

THE JOKE

A history of cannabis prohibition in Australia

by Dr John Jiggins

**Book launch – Town Hall garden
Saturday 17th September, 11am**

In 1938, a campaign that vilified cannabis was spearheaded in Australia by corrupt law officials and their accomplices in the news media. They painted cannabis as a vicious, evil plant – the devil weed with its roots in hell! Cannabis, it was said, was a killer drug that led to madness and the utmost depths of depravity. It was an evil sex drug, and they gave it a new, foreign-sounding name; they called it 'marihuana'.

In the decades that followed from the Reefer Madness campaign of 1938, to Brisbane's marijuana weirdos, to the criminal-police takeover of pot-dealing, this corrupt network prostituted the justice system in Australia.

The Joke charts the hidden history of cannabis prohibition in Australia.

The final part of the road to reform is in front of us. It's time, let's walk it together

I was part of the early drug law reform protests in Nimbin when the injustice in our street, homes and lives became so raw we spontaneously marched to the Nimbin police station.

It was there we waged our war, our non violent, direct, colourful, creative, evidenced based war, against the failing unjust discriminatory war on cannabis and us.

We committed there and then we would campaign in every possible way for drug law reform and we would not stop until we got it. A year later, in 1993, the inaugural Mardi Grass was held. Thirty years later, in 2022, we are still fighting against the failed war on cannabis. If we tighten up our solidarity, we will win very soon. The question is – are you on board?

In 1991 I didn't join the campaign to decriminalise cannabis because I was a cannabis devotee, as such. I was a frontline forest activist living every moment in the face of gross injustice as our old growth forests were being senselessly carnaged by the NSW State Government and good folk were being arrested for trying to stop it.

My radar for injustice and harmful laws was on constant alarm – I suppose that's why I went on to become a public interest lawyer, but that's a different story.

Anyone who is in this gig knows the case for the decriminalisation of cannabis was made years ago. More to the point, there was never actually a real case to criminalise it, but I don't need to go into that here, we all know it. However, in spite of the overwhelming evidence against



by Sue Higginson MLC

prohibition, we are still here.

Why are we still here? Well again, we all know, it's because of our lack of political power. However, that has just changed and now we are the closest we have ever been to reform. We have a clear path in front of us, but if we are to get there, we need to work together to build the last part of the path and walk together along that path, like never before.

In May, after over 30 years of environmental and social justice electoral work and movement building, the Greens changed the Australian political landscape forever. The Greens are now the largest most sustained third party in Australian politics, the dysfunctional self-serving and self-perpetuating two party system, which has been choking our democracy for too long, is now substantially disrupted.

The Greens are perfectly positioned to leverage up its sound social and environmental justice platform, upon which is 'just legalise it', a well designed, real and possible path for drug law and policy reform.

Having moved beyond

decriminalisation, the Greens took to the federal election a real plan to legalise the growing, selling, purchasing and consumption of cannabis, with suitable controls on age, amount and where cannabis can be consumed. The reform is well thought out, developed with experts, informed by international experience and deeply rooted in moving drug policy entirely from the criminal frame to a health and regulatory frame.

Under the legalisation blueprint, an Australian Cannabis Agency will be established which will issue licences for production and sale. The agency will also act as the single wholesaler of legally accessible cannabis, and police the regulations. Licensed growers will be required to produce cannabis containing specific levels of THC and CBD.

Retail stores that only over-18s can enter will be permitted to sell cannabis in plain packaging, with visible health warnings and require staff to undertake a responsible sale of cannabis course. The regulatory framework will allow users to grow up to six plants at home for personal use for people aged over 18, while rules would also limit the amount someone will be able to buy, and carry.

Is it a perfect scheme, to some, perhaps not. Is it one worth backing and is it attainable – absolutely.

We know from the ACT, through the power of the Greens working in shared government, that decriminalisation is possible. That experience has shown us what is possible and more importantly, what

is needed.

While the states and territories have direct control and responsibility over our drug laws, and we need state law reform to get to legalisation, a nationally consistent scheme would be the most strategic way to get the comprehensive reform we need. We now have a strong and powerful Greens presence in the Australian Parliament which is driven to deliver on the 'just legalise it' platform.

Conveniently, we have a state election coming up in March next year. As one of your Greens MPs in the NSW Parliament, I am committed, with my colleagues, to drive the 'just legalise it' platform through state politics, with the support of our federal Greens colleagues. The more Greens in the NSW Parliament after March 2023, the better the chances of delivering the 'just legalise it' platform.

The political reality is that Labor will not commit, the Coalition won't commit (and is possibly cactus anyhow), and while single issue parties may tickle your fancy, this is about delivering drug law reform in the most direct way possible to all of us. This is about electoral strategy and for it to succeed it needs us all to play our part.

Politics is hard and is not always the answer, but in this case it is. Our drug laws and policies are the problem, they cause fear and harm every day and only parliament can change them. So, what and who do I mean when I say more Greens in parliament after March next year?

In addition to voting 1 for your local Greens candidate, who will be

announced soon, the Greens NSW have just preselected their Upper House ticket for the March 2023 State Election. Leading the ticket is current Greens MP, brilliant environmental activist and long-time drug law reformer, Cate Faehrmann, second is Amanda Cohn, a medical doctor and former deputy mayor of Albury, who knows acutely the need to move cannabis to a health and regulatory framework, and third is Lynda-June Coe, a First Nations woman, cultural educator, teacher and fierce justice activist who knows the harms of criminalisation too well.

In March next year we have a real chance of electing all three of these incredible women. They would join me and Abigail Boyd in the Upper House. If all five of us are in the NSW Upper House next March, we will likely be in the balance or a strong position of power. From there, because we are five, progressive, hard working, unified, women, we will get more things done and we could 'just legalise it'.

As one of the original contemporary cannabis law reformers and one of the four founding Ganja Fairies back in the early 90's, this what I understood as our vision, our work and our electoral strategy. So back to the question – are you on board?

As always, your Greens MPs and local members will be at Mardi Grass. Please come and find us and let's talk about 'just legalise it' and importantly, let's talk electoral strategy. Let's talk about how we walk together on the clear path to win what we set out to do together 30 years ago.

Nimbin Advisory Group August meeting

by Gwen Trimble

Mayor Steve Krieg chaired the meeting with Council's assets manager, Scott Turner also attending to brief us on local road repair schedules and the current situation with the Nimbin water supply.

Road update

Mr Turner told us that Council had a record number of crews out each day making road repairs and the recent improvements to the Nimbin to Lismore Road were acknowledged by the NAG members.

Sites where landslips had seriously damaged roadways – Tuntable Creek Road and at the cutting south of the village – present particularly difficult engineering problems and there is still a long way to go before acceptable and safe engineering solutions can be found.

NAG members drew Mr Turner's attention to the parlous state of Tuntable Falls Road, Upper Tuntable Falls Road and also Blue Knob Road, near the northern boundary of the LGA, where road conditions had caused an accident in which a child was injured.

Mr Turner undertook to

have those roads inspected and prioritised for attention. He asked the community to report damaged roads to Council, so those in most need can be patched in a timely way.

The recent update, posted on Nimbin Hookups, sharing advice from Council staff regarding the damage and road closure of Tuntable Creek Road was confirmed as generally accurate. In short, Council has funding to design an engineering solution, and once that is found they can then seek a mix of State and Federal funding to re-build the road.

To assist and direct Council engineers to that end, Transport NSW has embedded one of their most experienced and senior engineers with Lismore City Council for a five-year period. Relocating the road via the acquisition of private land is still an option being considered.

Mr Turner said the principle of 'Build Back Better' had been identified for all of the disaster recovery rebuilding and that the community can find information regarding current road repairs on the 'Your Say' page on Council's website.

Rainbow Walking Track

The Steering Committee reported that the project was on target and made the following comments:

The walking track will be named 'Rainbow Road' and there are two creeks which need to be named.

'Right of footway' areas are currently being formalised. The entrance from Cullen Street will, of necessity, be a shared zone. A realignment of Alternative Way is being sought by the developer which will allow for final determination for the route of Rainbow Road in the location near Cecil Street.

There may be an opportunity to improve a drainage issue on the edge of the Headers grounds to make a small usable pitch when constructing the walking track in this location.

Concept design of the project is underway and will come back to the community for comment. There is funding allocated for artwork in the project, which will likely be facilitated via expressions of interest through Council's 'Your Say' page.

There was general agreement it would be a good idea to invite the community to a picnic day to introduce them

to the project and invite their feedback and ideas.

A date in November is under consideration for the picnic day, with the launch of Rainbow Road during the Aquarius 50th celebration in May.

Nimbin water supply

After the flood took out the Nimbin water supply, as a temporary measure to reconnect supply, four kilometre of pipe was connected and laid on the surface. That temporary pipe will now be replaced with a permanent 200mm diameter pipe.

Subject to conditions, the works are scheduled to take place between October 2022 and May 2023. No disruptions to supply are anticipated. For more information, go to yoursay.lismore.gov.au/nimbin-water-supply.

Nimbin Pool

Good news! Nimbin pool is scheduled to open on 24th September.

Not so good news: the well supported submission to Council for funding to construct a much-needed toilet block in Peace Park was unsuccessful. Both the mayor and Mr Turner

were sympathetic to NAG members' frustration that this worthy and well-presented project was not supported by councillors at their budget meeting.

They indicated that staff would look for grant opportunities that might provide the necessary funding, and we can perhaps hope for more support next year.

Unfortunately, outdoor seating, purchased by the community, intended for installation in the children's playground and given to Council staff to install, was installed in a position that made it difficult to view children in the playground.

The NAG requested council rectify the error.

Recovery support services

Nimbin Neighbourhood Centre are now accredited

to provide recovery support services to assist with every aspect of disaster recovery via a case management model.

Please refer to other, more specific information, in this edition. Extensions to grant closing dates have been agreed, so please register if you have been affected.

Aquarius 50th celebration

Currently a small group is driving the planning and would welcome some more contributors. The programme has been created and is ambitious.

Council has provided some event funding, and the mayor indicated his willingness to reach out to other mayors in the region to also provide support. It's anticipated to be a significant tourism event and so it's expected to attract more funding.

Crisp mornings, sunny days and chilly evenings were the hallmark of August in the Northern Rivers. Many of our southern brothers and sisters have been envious of the ideal weather conditions we are currently experiencing.

We are now on the cusp of the tourist season which will bring a welcome influx of visitors to Nimbin and surrounds.

The month started with a meeting between Lismore City Council (LCC) staff including the mayor, Steve Krieg and GM John Walker and various government service providers. Hosted by the Chamber and held at Birth and Beyond, the room was packed with engaged local businesspeople.

The purpose of the meeting was to discuss business renewal strategies following the disastrous flooding event in Feb/March. Obviously road repair was high on the agenda, and continues to be an issue that the Chamber will relentlessly pursue at all available forums.

LCC have advised that they will be providing detailed information on planned road repair schedules via their website.

The impact of Council's current staff restructure programme on Nimbin and the other villages, and the removal of Nimbin's Visitor Information Centre and subsequent morphing of the tourism destination officer's role to that of an economic development role was discussed.



Chamber Chat

by David Hyett, president

So too was the need for financial and physical support to maintain our community assets such as the Community Centre, Sibley Street, School of Arts, Nimbin tennis courts, the sports fields, showgrounds and the walking trail.

It is critical that community business renewal runs alongside care of community and community organisations as they are an essential element of business health.

A call was made for agreement on a comprehensive plan for the growth of the village to ensure adequate services are provided to support ensuing population growth.

In the past, developer



contributions have been unfairly diverted away from the village. A review of the management of these funds has been requested which will address the inequities and hopefully improve local amenity.

Some Chamber members mentioned the difficulties imposed by Council's planning department. Business development is impeded by unnecessary bureaucracy.

DAs take far too long to progress and considerations are often not in line with community feedback. Building costs are rising and delays create extra costs as well.

Council was also asked to support our community by lobbying service providers about issues faced with power outages, and poor phone and internet connection particularly in the outlying areas.

A follow-up meeting between Council's bigwigs

(including the GM) and representatives of the Nimbin Chamber has been arranged.

The importance of Aquarius 50th celebrations to our region is becoming more evident. I recently attended a meeting with Chamber reps from Tweed Heads to Yamba, and the interest in this event is very encouraging.

Further meetings with Council, Tourism NSW and other government agencies have been helpful with planning the event.

September and October are shaping up to be very exciting months with a great deal of entertainment which includes MardiGrass, the Nimbin Fashion Show, the Green Cabaret and the Performance Poetry World Cup.

The Chamber would like to welcome its latest members Cat Balkin (Jewellery), Fernando Velazquez ('The Cactus Hut Mexican Food'), Tim Apps (Northern Rivers Removals) and Ginja O'Brien (Jallum Swim School).

With our members' support we look forward to building a better, stronger and more vibrant village for our children and the community as a whole.

For details, visit our website: www.nimbinaustralia.com.au



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Ballina votes down EV charging station grant proposal

Last month in this column I talked up a proposal that I had submitted to Ballina Council in support of applying for the NSW Governments EV Charging station grants. The grants provided for up to 75% of the costs of supplying and installing EV chargers in public carparks across the Ballina Shire.



by Cr Jeff Johnson
Ballina Council

I was expecting the proposal to be unanimously supported: grant funding for public infrastructure that also assists with Council's climate change action plan goals would be supported right? Not so in Ballina at the moment.

Surprisingly, the proposal was defeated with the conservative majority voting down the proposal and in the process calling it "an extreme greens policy". It would be funny if it wasn't so pathetic.

As a result, our community has missed the opportunity to apply for this funding. I will try again when these grants come around again next year. They aren't just for EV charging stations, they also include Council fleet renewal (to electric of course) and for our region to be part of a highly promoted EV tourist trail.

I actually wrote to the NSW Treasurer, Matt Kean

debated to stop Council writing a letter to ratepayers to highlight the housing crisis and to encourage those with multiple properties to consider a long-term rental arrangement rather than listing on Short Term Rental Accommodation (STRA) sites like AirBnB.

There has been a dramatic shift in recent years, particularly in holiday hotspots like Lennox Head, for homes to be listed year-round for holiday rentals rather than long-term tenancies.

This initiative came about due to the Mayor of the Eurobodalla Shire writing a similar letter with quite a bit of success. As a result of the letter more than 30 properties have been added to the Eurobodalla Shire's long-term rental pool. The actual figure is likely to be higher.

It's a shame that the majority of Ballina Shire Councillors thought that the cost of approx \$16,000 to post the letters was too great an expense, despite Ballina Council having over \$100 million in term deposits and a massive cash surplus forecast for this financial year.

Again, what should have been a positive initiative

by the Council turned into quite a nasty debate with outrageous claims that it was "the politics of hate" to blame people with multiple properties for the housing crisis.

I think that sort of attitude misses the point. For me it was about explaining the crisis and to encourage those that were able, to consider long term tenants instead of short-term ones.

The recent Sensis data

revealed that up to 7% of all homes in the Ballina Shire were vacant. If that figure was reflective across the Northern Rivers, then it would amount to 1000s of homes. Clearly the housing crisis is a bigger issue than just encouraging more long-term rentals, but it is a way to achieve something.

It's a crazy set-up when tax incentives can actually encourage people to have homes left vacant rather than having local families

live in them. Housing shouldn't be considered as simply an investment/wealth strategy.

Of course, the housing crisis now means lots of developers are pushing for new land re-zonings under the guise of 'affordable housing'.

Well, it's not affordable when it's drip-fed onto the market and most of it is bought by investors who already have a home to live in.



Hollows in the debris at
Wild Cattle Creek
Below: Measuring stump

North Coast conservationists are shocked and alarmed at footage of the devastation being wrought in Ellis State Forest south of Grafton.

Investigations over the weekend documented dozens of breaches of the logging rules, including several giant trees felled and koala and habitat trees seriously damaged.

"We have notified the EPA and they will carry out an inspection on Tuesday but unless they immediately issue a stop work order these serial offenders will be able to continue their reckless rampage through the giant old trees and koala habitat," North Coast Environment Council vice-president, Susie Russell said.

"The area clearly has many old growth trees. The Forestry Corporation uses LIDAR technology which enables them to see individual trees. They can pick out the areas where there are large trees left and target those.

"The 2019/20 fires burnt through this forest. The oldest, largest trees were the best survivors, providing refuge for animal survivors. Now they are being killed, and the animals that depend on them will probably also die.

"This part of Ellis State Forest was identified as being core habitat for one of the largest populations of koalas on the north coast. That was before the fires of 2019/20.

"Instead of pressing pause on logging to assess the full impact of the fires on the forests and give koalas a chance to recover, then forestry minister John Barilaro, renown for describing koalas as 'tree rats', pushed to keep logging, hiding a secret government report that warned forestry rules were inadequate to address the combined impacts of forest and logging.

"If they do see a koala in a tree, they wait until it comes down and then take the tree. There is absolutely no recognition that koalas have home trees and home ranges and favourite places. By destroying them, koalas become homeless, stressed and in many cases die.

"Now, despite accepted scientific advice that koalas are hurtling to extinction and may well be gone from the wild in less than



30 years, all levels of government are still signing off on destruction of their homes," Ms Russell said.

NEFA president Dailan Pugh said, "We have been waiting years for the EPA to progress breaches reported two years ago. The EPA have allowed the Forestry Corporation to rampage through the Proposed Great Koala Park for years. It took them four years to get the Forestry Corporation fined \$285,600 in June for logging into a Koala High Use Area, rainforest and a rainforest buffer in Wild Cattle Creek State Forest.

"Meanwhile they are refusing to take any action in response to NEFA's complaints from over two years ago that the Forestry Corporation recklessly damaged centuries old old-growth trees and koala feed trees, legally required to be retained, in the same area. And a couple of weeks ago, after a brief inspection NEFA reported another 20 cases of reckless damage to retained old-growth and koala feed trees in another part of Wild Cattle Creek State Forest.

"While its great to see the EPA taking some token prosecutions, they take far too long to hold the loggers to account, while they are turning a blind eye to most offences and allowing them to continue unchecked. It is therefore not surprising that the Forestry Corporation is continuing to recklessly damage oldgrowth and koala feed trees, while continuing to cut down giant trees elsewhere within the proposed Great Koala National Park," Mr Pugh said.

NEW!!! Nimbin Recovery Support Service

- Struggling to get back to 'normal' after the floods?
- Tired of telling your story over and over again?
- Feeling overwhelmed or exhausted?
- Wondering what to do next and not sure where to begin?

Then the FREE Recovery Support Service is for you!

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- Help to access disaster grant funding and resources
- Advocacy and referrals
- Other practical and emotional support

With a particular understanding of landslips, damage to internal infrastructure such as roads and driveways, and Rural Land Sharing Communities (aka MOs).

To register: Contact Nimbin Neighbourhood and Information Centre on 66891692 OR email us on nimbinrss@nnic.org.au. Our new RSS staff will be in contact with everyone already on our list at NNIC during September.



Life on Earth brushed aside with the wave of a hand

Sometimes in life we have an event that puts everything in its rightful place and it might have only been a fleeting moment but it stuck all the same.

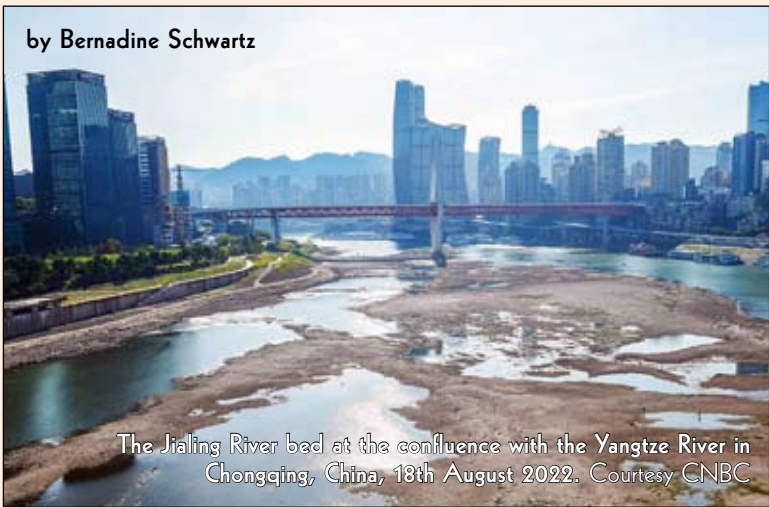
I was watching the ABC nightly news when a report on acid rain in LA came up and it bothered me for weeks, and after much deliberation I came to the shocking conclusion we might have the ability to destroy the planet.

Being only 19, I was utterly overwhelmed and I never dared to say it out loud. So I put the thought out of my mind as best I could, but many a time it's been a reminder as to why I'm here and the importance of all I see around me, our Mother Earth.

The UN Environmental Program was founded fifty years ago, around the same time and is widely recognised as the birth of the international environmental movement, but look at the state of the planet!

Inger Andersen is the current executive director and she calls the crisis a code red for humanity, but in the same breath excuses the world's lack of progress and explains that many legal scholars say there are limits to international cooperation on pressing issues like global warming! Apparently we all have to understand that making a transition from a fossil fuel economy to a new economy, isn't a simple matter. Listen to her plead for sympathy on behalf of the economy! Our children and billions of years of evolution brushed aside, with the wave of her hand. But what else would you expect, she's a soulless economist.

Cold, damp England reached 43 degrees Celsius, and Manchester – my birthplace – was on fire, along



with countless other countries, and they're calling it a "heat apocalypse". It's brought death, destruction and total chaos; roads and runways literally turned to sticky goo, railway tracks buckled, all causing major disruptions to transport, as well as massive power outages.

Bangladesh is in absolute tatters after a monsoon brought the worst flooding in over a century, displacing 7.2 million people. Deadly storms rained down on Italy, causing flash flooding with incredible wind gusts of 180 kph that clear-felled thousands of acres of forests like matchsticks.

There'll be no looking back on this with a sigh of relief. The summer of the future is here and it's taken spring with it. A study published in Communications Earth and Environment says it's here to stay, showing that by 2030 almost every nation will experience higher temperatures with the passing of every year.

Today almost two thirds of the European Union is under a drought warning, and some are on high alert

status. According to the World Economic Forum more than half of Europe itself is drought affected. 44% of Africa has become a victim of drought, while in America forty states are experiencing some form of drought conditions, totaling 43% of America's landmass.

Data from Relief Web International shows 2.3 billion people are currently facing water stress including 160 million innocent children. There was a time when we could say 'it can't get much worse', but after reading a report from the UN Convention to Combat Desertification, the worst is yet to come, predicting that by 2050, 75% of all humanity will have no water, affecting up to 5.7 billion people.

Meanwhile, mountainous areas are warming twice as fast as the rest of the planet, including the Italian Alps where the Marmolada glacier, classified relatively risk free, took 11 lives after a huge section crumbled, and another massive crack has already been discovered.

The Arctic is warming four times

faster than before, and scientists can now say with high precision that we are very close to losing it forever. They believe this summer will go down as the worst ever on record for diminishing glaciers and ice fields, which will bring another disastrous outcome.

Back in 2017, Dr Graeme Swindle from the School of Geography in Leeds, explained global warming was creating a rapid ice melt in volcanically active regions, including Iceland, putting us on a path of increasing volcanic eruptions as changes in surface pressure, no matter how slight, affect the complex interactions between rifts in continental plate boundaries. Iceland's recent volcanic eruption is the second in less than a year and experts believe it's a hint that Iceland's Reykjavik Peninsula will become one of the most volcanically dynamic areas for several generations to come, adding more carbon dioxide, sulphur dioxide and other toxic gases to an already heavily polluted atmosphere.

This is only a brief overview of the new world Inger Andersen thinks we can survive in while she and her money-mongers breathe life into a new economy but again, she isn't the only one to blame. She points out it's also a job issue and people always vote with the economy in mind, making it a politicised issue.

Those one-eyed voters of Australia immediately come to mind. It was them and them alone, who led the nation into the political wilderness and for years, shaping governments and in turn their policies, and the aftermath lingers on.

An international team of researchers have written a perspective piece in the Proceedings

of the National Academy of Sciences, pointing out that more than half of all cumulative carbon emissions have occurred since international climate negotiations began in 1990, and things are not about to change.

Most scientific estimates show under current policies the world is headed for a rise of 2.4 to 2.7 degrees Celsius by the end of the century. However, scientists believe there are substantial changes in atmospheric processes that would make it impossible to limit warming to 3 degrees Celsius. They say we're facing a future of "accelerating global warming, while blind to the worst case scenarios, naive risk management at best and at worst fatally foolish." The paper explicitly says "the time has come to start paying attention to catastrophic climate outcomes; accelerating extinctions, mass climate migrations, pandemics and the disintegration of social and political structures," with an emphasis on war!

This year in China, 900 million people were affected by the extreme heat, and the nation has received less than half its average rainfall this year with vast chunks of land becoming wastelands. Hydro reservoirs are down by as much as half, and China's natural resources that were once abundant, are close to depletion. According to the experts, internal conflict over water is inevitable but even more concerning is conflict outside their borders.

They'll be on the war-path for resources, including water, and they won't be alone, as the world turns into a battleground, adding the finishing touches to our demise.

Rainbow Power Co celebrates 35 years of service

by Fabien Prevost
Rainbow Power Co.

True pioneers of renewable energy and entrepreneurs of fresh business ideas, Peter, Jack and Dave, in 1985, created one of the first renewable energy companies in Australia.

Where many have come and gone, from humble ma-and-pa start-ups to big behemoth giants, Rainbow Power Company (RPC) has powered through – overcoming the highs and lows and becoming known as a leader and authority in solar renewable energy and battery storage.

When RPC started there were only eight solar companies in Australia and renewables were much more expensive. Now there are hundreds if not thousands of solar companies and solar has become relatively affordable for all, families and businesses alike.

Responding to a need for jobs in the local area, Peter van der Wyk came up with the concept of offering renewable energy options to the many people buying into communities and vacant land, needing an alternative to connecting to the grid.

Peter came up with the name 'Rainbow Power Company' and an early version of the logo, which featured a lightning bolt striking the Nimbin Rocks, plus the rainbow

beautifully placed over the whole scene. The lightning represents renewable energy and the rainbow a reminder of the 'New Settlers' and original hippies who named the unique Northern Rivers area the Rainbow Region.

Peter, together with friends Dave and Jack Van Hest developed the idea, pooling their resources, making up different items based around Peter's ideas and selling them at local markets. Early products such as torches and other simple items soon developed into inverters, turbines and fully fledged off-grid solutions.

The alternative counter-culture that was growing in Nimbin was a great motivation for RPC to start their business in this area.

These three visionaries were inspired by the like-minded people all sharing similar visions, following on from the Nimbin Aquarius festival, which was the reason Peter came to Nimbin in the first place.

Originally capitalising on a grant to help create jobs in the local region, Rainbow Power Company started with these three founding members and now employs 42 locals with another three jobs currently being advertised. Many talented, passionate and technical staffers have helped build the company from its humble beginnings to where it is now – proudly the largest private employer in Nimbin.



The shop, warehouses and manufacturing premises were originally in different locations; eventually the chaotic early days gave way to structure and organisation as RPC quickly gained recognition as a one-stop shop for alternative energy sources, as well as knowledge and research on the subject.

The building at 1 Alternative Way was built to house everyone and everything all in the one place, proudly opened by Midnight Oil's Peter Garrett in 1992.

Not only does RPC keep abreast of policy and legislative changes and safety updates, they have actually been instrumental in the research, development and advancements in products and policies, suggesting

changes and becoming an adviser to the national and state solar regulating bodies and authorities.

The aim of RPC has always been to turn the tide away from environmental destruction and towards environmental harmony, and all these years later that objective is being met with thousands of happy customers.

Rainbow Power Company have supplied grid-connected and off-grid power solutions and battery storage Australia-wide and into the Pacific: Vanuatu, Fiji, PNG, New Caledonia, New Zealand and the Solomon Islands.

Our passionate staff members all live by the motto to #makeadifference and most live on

solar power themselves, along with composting toilets, rain water tanks, and riding to work on their e-bikes.

One of my favourite sayings from founding member Dave is that: "Australia should be a powerhouse when it comes to solar, and if we had a solar array 75 miles by 75 miles we could power the world." (He is English so we will excuse that, but in kilometres it would be 120x120).

From Peter, "I used to be regarded as an extremist greenie who shouldn't be taken seriously, but now my views have become mainstream." (Thank goodness!)

Whether you only have \$2,000 or \$1,000,000 you can make a difference by going solar, and RPC can help you achieve your needs including an ability to expand and grow as your situation changes.

With a range of new products including e-bikes, hot water diverters, lithium batteries and our famous on- or off-grid systems, Rainbow Power Company has been powering through to provide alternative power solutions. Call us to arrange your next solar installation or dispatch.

Happy Birthday RPC, here's to the next 35 years!

Be part of the solar revolution and #GoSolar today! Call 02 6689-1430, visit: rpc.com.au, email: sales@rpc.com.au or drop in to our showroom at 1 Alternative Way in the beautiful and unique town of Nimbin.



Roll up for Open Mic

The Nimbin Bowlo Open Mic nights have been well-attended, attracting a diverse range of high quality performers each month.

The house band has been re-jigged this year, with Rodney Davis guitar, Eddie Fisher drums and Bob Dooley bass, able to back all comers and present interesting top-and-tail sets.

Regulars Neil Amor, Maxx Maxted, Frewin Harper and Pat Hall reliably produce tuneful offerings, as do many walk-up players – you never know who is going to turn up.

The early start time of 5.30pm has been a drawcard during the chilly winter evenings for players and listeners alike, with Sibley's Bistro serving delicious meals from 5 to 8pm.

So, bring your songs and your instrument, put your name on the board and use the supplied back-line and PA to let it rip.

A workshop is proposed to train more people in how to set up and operate the digital PA mixer. If you're interested, come to an Open Mic night and speak to the house band.

The next one is on Wednesday 14th September.



Pictured are Pat (guit/vox), Rod (guit/vox), Frewin (keys), Max (harp), Neil (uke) and the house band rhythm section in action. Photos: Mel Williamson



The Great Green Cabaret



One of the performance highlights of the MardiGrass weekend is the Great Green Cabaret on the opening night, Friday 16th September.

Featuring an action-packed, fast moving variety of different performance artists, the evening show will headline the Miss Renee Simone trio, along with Nimbin favourites Neil Pike and Peter Pix and Nina-Rae Saunders, plus Coalescence dance, performance poet Daniel 'Triple Nip' Pearson, Sometimes 7, Bella Frankie trio, comedian Greg Sullivan, poet/host David Hallett and more.

Entry is \$25 or MardiGrass wristband, tickets at the door, doors open 7pm, first in/best seated. Show starts 7.30pm. Dinner and supper are available at the verandah cafe.

New comedy explores perils of looking for love on-line

This month, the Drill Hall Theatre, Mullumbimby presents *Eight Gigabytes of Hardcore Pornography*.

Before the censorship police come storming into Mullum, the director of this new production, Liz Chance, is quick to allay concerns.

"Sorry guys, there is no actual pornography in this show," says Liz, "but there is some nudity."

This is a fiercely funny play written by Declan Greene, an award-winning theatre-maker, director, playwright, screenwriter and dramaturg.



Kasadevi Curtis and John Rado



Tom Bannerman

Well-known local actors, Kasadevi Curtis and John Rado are highly experienced. Rado is a NIDA-trained director of 40 years with experience in 60 TV, screen and theatre productions. He has appeared in feature films including *Treasure Island*, *Game of Swords* and *Burns Point*.

Curtis has appeared in 35 stage productions and has performed in short films and TV. She appeared in *Mr Bailey's Minder*, *Mark Colvin's Kidney* (Drill Hall

Theatre) and *One Flew Over the Cuckoos Nest* (Ballina Players).

The production's Sydney-based set designer Tom Bannerman has a considerable body of work – well over 200 productions.

Recent works include *The Lieutenant of Inishmore*, *HIV Monologues*, *The Little Dog Laughed*, *Marat/Sade*, *When the Rain Stops Falling*, *Jerusalem* and *That Eye, the Sky* (New Theatre), *Charley's Aunt* (Newcastle Civic Playhouse), three different designs for *Bondi Dreaming*

(Belvoir Downstairs, Bondi Pavilion and Seymour Downstairs), *Penelope* (TAP Gallery) and *The New Electric Ballroom* (Stables).

Eight Gigabytes of Hardcore Pornography opens on Friday 16th September at the Drill Hall Theatre, Mullumbimby, and runs for three weekends until Sunday 2nd October.

Doors open at 7.30pm on Friday and Saturday nights, and at 5pm on Sundays. Tickets \$30/\$25.

Bookings can be made at: www.drillhalltheatre.org.au

Renowned Australian chef to speak

One of Australia's most celebrated chefs, Christine Mansfield, will be speaking at an event organised by the Kyogle Writers Festival Committee on Saturday 8th October at 2pm at the Uniting Church's Fellowship Centre, Bloore Street, Kyogle.

Christine has spent her life pursuing – and perfecting – her love of cooking, and her culinary work draws on the tastes and flavours of many cultures.

Her professional life as restaurateur (1993 - 2013) culminated in three highly acclaimed restaurants: Paramount and Universal in Sydney, and East@West in London.

An award-winning author, Christine's books, including *A Personal Guide to India and Bhutan*, *Dessert Divas*, *Tasting India* and *Paramount Cooking*, have spiced up the lives of keen cooks everywhere.



Nigella Lawson noted, "Christine woke people up to the flavours and influences from around the world through her food."

Christine has also led bespoke gastronomic tours over the past 20 years to exotic destinations such as India (where she has visited more than 40 times), Bhutan, France, South-East Asia,

Italy and South America.

Since relocating to the Tweed coast in 2020, she has been promoting sustainable food production and celebrating the produce of the Northern Rivers region.

Join Christine in conversation with Southern Cross University food historian, Adele Wessell, as they talk about her cooking career, her travels and her latest book, *Indian Cooking Class*, published by Simon and Schuster.

Christine will also be selling copies of her books at the conclusion of the event.

Tickets are \$15/\$10 and are available through the Kyogle Writers Festival website: www.kyoglewritersfestival.com and at the door an hour before the event begins.

Don't miss this delicious opportunity!



Dracula is coming

Lismore Theatre Company is pleased to announce that its next production is *Dracula*, the dramatic version freely adapted by Crane Johnson from the novel by Bram Stoker.

The play ran a successful

season at New York's Royal Playhouse. Our show will be directed by Sylvia Clarke (pictured) who directed *The Last of the Red Hot Lovers*, *Lipstick Dreams* and the sell-out show *Steel Magnolias*.

There will be four shows only, between 28th and 31st October, with the final show on Halloween.

The cast will be announced shortly and tickets will be available at: www.lismoretheatrecompany.org.au

Websters Creek Landcare needs help

by Liliass Cotterell

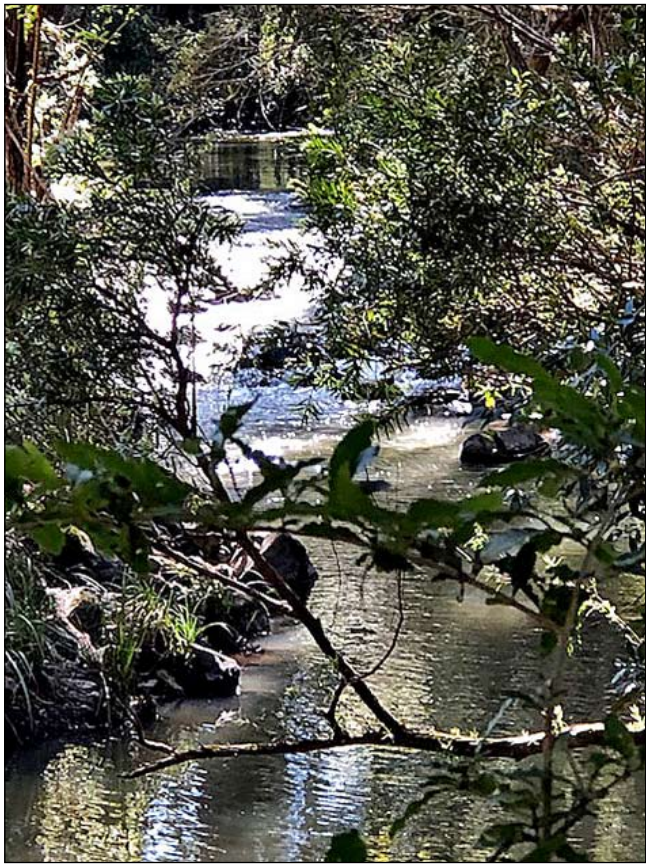
Photos can never truly convey the beauty of our creek landscapes and one of those is the Crown Waterways Webster Creek reserve located on Stoney Chute Road just before the bridge that divides the Lismore and Kyogle councils.

We have obtained a small grant with which to plant 300 trees on the site by November this year. We have planted about 150 so far.

We are having a planting day on Sunday 25th September, but we do not have a lot of volunteers, so are asking for helping hands to plant, stake, mulch and water trees, and would love for you to join us.

We will start at 9am and will be there till 1pm. Please bring gloves and boots. We are fully insured for public liability for all volunteers.

The site is located about one kilometre west of Campbell Road, on Stoney Chute Road on the right hand side



(coming from Nimbin), and there is a white letter box which will be signposted

'Websters Creek Land Care'. Enter via the cattle grid. Most of the trees we

are able to obtain easily. However, we are seeking certain trees:

- Rough leaved Elm (*Aphananthe philippensis*)
- Pepperberry (*Cryptocarya obovata*)
- White Booyong (*Heritiera* or *Argyrodendron trifoliolata*)
- Yellow Carabeen (*Sloanea woollsi*)
- Hard Quandong (not blue) (*Eleocharis obvat*)
- Hibiscus (*Heterophyllum*)
- Maidens Blush (*Sloanea australis*)
- Grey (or cinnamon) Myrtle (*Backhousia myrtifolia*).

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Julian Assange and Labor's 'diplomacy'

by John Jiggins

When Labor won the Federal election in May 2022, the hope of Julian Assange supporters soared.

In 2021, Mark Dreyfus, the new Attorney-General, had issued a statement saying that Labor wanted the Assange matter "brought to an end", while Labor's leader Anthony Albanese had declared that he couldn't see any purpose to keeping Assange in jail. "Enough is enough," he affirmed.

That hope was fuelled further when, in the government's first week, the ABC reported on 26th May that Albanese was a signature to an online petition, the Bring Julian Assange Home Campaign.

Signing the petition seemed odd because the petition went to Albanese as Prime Minister. However, Albanese did not deny the story, which was confirmed by a reliable source who disclosed Albanese had signed up on his first day in office, even before he flew off to Tokyo for "the Quad" meeting with the Japanese PM, the Indian PM and US president Joe Biden.

Despite Albanese's alleged championing of Assange, there was no indication that he discussed the US extradition of Julian Assange.

At a press conference on 31st May, a *Guardian* journalist asked Albanese whether it was his position that the US should be encouraged to drop the charges against Assange and whether he had made any such representations to the US government.

Albanese sidestepped the question, replying it was his position "that not all foreign affairs should be done by



Julian's wife Stella Morris, on her wedding day at Belmarsh prison

loudhailer." Labor claimed they were practising "quiet diplomacy."

Following the UK Home Office signing off on the extradition of Assange on 17th June, former Labor Foreign Minister Bob Carr said Labor should demand Assange's release.

"In the context of Australia's role as an ally – the debt we deliver for the US empire – a decision to let Assange walk free rates about five minutes of President Biden's Oval Office attention."

Julian's response was criticised as inadequate by retiring cross-bench Senator Rex Patterson and "looking too similar to the contemptibly weak line taken by their predecessors." Albanese met Biden again at the NATO summit in Madrid on 30th June, without a whisper about Assange.

Mounting concerns about Labor's undetectable diplomacy surfaced in the new Parliament on 4th August, when Greens Senator David Shoebridge questioned the government about what was being done for Assange, asking whether 'quiet diplomacy' had become 'no diplomacy'.

On behalf of the Prime

Minister, Labor's Senate leader, Senator Don Farrell, repeated the previous Government's position that Australia cannot interfere in another country's legal process, declaring "the extradition case is between the United States and the United Kingdom, a legal system that we respect."

Has US pressure turned Albanese's promise of 'quiet diplomacy' into a policy of 'no diplomacy' with the transformation hidden behind a shroud of secrecy? Assange's supporters and his family have a sinking feeling that this is so.

Julian's father, John Shipton, contrasted the treatment of the Assange family with the treatment of Kylie Moore-Gilbert, who was interned in Iran for two years, while the government negotiated her release.

"In the case of Kylie Moore-Gilbert, the family were kept informed, and so we expect the same from the Prime Minister and Cabinet. If there is such a thing as quiet diplomacy going on, we would like to be kept informed."

If we are not informed, we have to assume naturally that there is no such thing happening. If we are not informed, we have to assume

it is a hollow promise. I make that very clear because we cannot simply rely on assertions," he said.

"We have lawyers all over the world who have accumulated considerable expertise in the case of all the aspects of Julian's case. The lawyers have not had any contact from the Department of Foreign Affairs or Prime Minister and Cabinet."

"From those two things – that we are not informed, and the lawyers have not been contacted – we have to assume that quiet diplomacy is yet to start."

"Don Farrell, in taking that position that they can't involve themselves in the legal processes of another country, is repeating a mantra that is hollow and makes the Australian government complicit by acquiescence to due process anomalies, procedure irregularities, and the disproportionate punishment of Julian," he said.

"Disproportionate punishment is that Julian is not under house arrest for remand, but he is being detained in a maximum-security prison with murderers and terrorists."

"The spying on Julian's discussion with his lawyers, the confiscation of his legal papers, procedural irregularities, all demonstrate the collapse of due process."

"All of these are opportunities for genuine assertion of Australia's position regarding Australian citizen Julian Assange."

"Holding Julian in a maximum-security prison when he is on remand is disproportionate punishment. I remind you that 'on remand' means innocent," John Shipton said.



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Nimbin Spring Arts Exhibition

by David Hallett

After a couple of on-and-off exhibition years where regular seasonal exhibitions were cancelled, then additional Summer or Winter exhibitions were added, the Nimbin School of Arts is very pleased to be managing this year's Spring Arts Exhibition during the busy Spring school holiday period.

The exhibition will open on Saturday 23rd September, and will then open daily until Sunday 9th October.

Registration forms for entry to the exhibition are now available at Perceptio Bookshop. Please note that exhibition spaces and screens are limited. For further information, contact the School of Arts on 02 6689-1766.



'Peacock Kingdom' by Fiona Cole

Local mono award-winner



'Rearrangement'

While Lismore-based photographic artist R J Poole still lives in the Northern Rivers Region, these days his work is seen in places far beyond the North Coast.

Earlier this year he attended the long delayed opening for the National Portrait Prize in Canberra, where his entry was chosen by renowned artist Bill Henson.

In February he was photographing in Italy where his work was exhibited in Genoa by Corrado Leoni and later this month his photos will be included in a show in Mexico.

In the meantime, Poole's entries in the Mono Awards – Australia's and New Zealand's largest competition that showcases monochrome works – has won two People's Awards for images depicting some of the devastating flood damage in Lismore.

Less is more + Time's almost up



'Melting Stripes' by Amelia de Zwart

Blue Knob Hall Gallery is exhibiting 'Less is More' in the Main Gallery, and 'Time's Almost Up' by Amelia de Zwart in The Solo Space.

The artwork for 'Less is More' has been a great surprise and astounding in its beauty, size, depth and variety. One can't go past 'Joanna the Goanna', the 2.6 metre mosaic by artists Jane Foundling and Jack Horner.

She climbs our wall and has that 'look' (I'm watching you!), that is so familiar to us all when a surprised goanna runs up the nearest tree.

It has been a delight to have artists who are exhibiting at Blue Knob for the first time, and we welcome them all. Jacinta Dignan's white on black work 'Coherence' is the epitome of 'Less' and Jasmine McHenry's 'A Glad of Mermaids' has us thinking 'More' of those please.

The artists have covered a multitude of ideas, from some of the big issues affecting our planet to the smallest details of our lives, wants and needs.

In 'Time's Almost Up' in The Solo Space, Amelia (Milly) de Zwart shows she is passionate about the environment, and her



'Joanna the Goanna' by Jane Foundling and Jack Horner

work is predominantly about raising awareness of climate, extinction and sustainability issues.

Milly is a 17-year old artist, who practises a mix of different arts; sculpting, crocheting, painting and drawing. Her exhibition consists of a multiple array of artworks that have



'African Dog' by Amelia de Zwart

been created over the past two years.

These artworks are mainly focused on the effects of our footprint on this world; how the flora and fauna are affected by humanity.

Both exhibitions are running until Saturday 8th October.

For more information please contact Blue Knob Hall Gallery at 02 6689-7449; or by email: bkhgallery@harbourisp.net.au

Blue Knob Café is humming along, with Sunday brunches and lunches proving popular. We're open Thursday to Sunday from 9.30am. The kitchen closes for meals at 2pm with coffee and cake available until 3pm.

There is a regular menu with specials and we look forward to seeing you for your café and art experience.

THE PAINTED YEARS



‘Myself’ by Anthea Moffatt

by Ruth Tsimbinis

‘The Painted Years’ is more than an exhibition but a celebration for artist Anthea Moffatt’s long involvement in working in the creative arts. After all, it is not every day you turn 90 years of age and have an exhibition opening on works reflecting your life’s journey. This exhibition is a new body of work that tells a story of the artist’s life, the many places lived and the fond links

to these places. Anthea Moffatt has lived in Kyogle for many years and during this time she has maintained a sound involvement in exhibiting at the Roxy Gallery, Kyogle in both group and solo exhibition with her works always being enjoyed and purchased by many. It is a great honor for this gallery to show her new body of paintings and join with Anthea as she enters into her 90th year on the planet, and



‘Urban Summer’

her 74th year on this planet as a visual artist. Anthea studied painting at East Sydney Technical College, undertaking a Diploma in painting, and then went on to teach art before adventuring off to the UK and Europe, working in Jamaica as a commercial artist and pursuing her love of art. Following her return to Australia she obtained an Associate Diploma in printmaking at Canberra School of Arts. ‘The Painted Years’ is a body of paintings Anthea wished to connect to her published autobiography. Anthea has created an exhibition to be a blossoming culmination of all her years of painting, with several themes running through her works. Anthea envisaged this exhibition to be “...partly my background of where I have lived and an exposition of the joy of life.” It is on show from 1st September to 9th October.

Serpentine artists in residence

by Andy Blythe

During September, the Serpentine Community Gallery are ‘Artists in Residence’ at World Square as invited guests of the Sydney Fringe Festival. Serpentine is showcasing four artists who were programmed to exhibit this year but were cancelled due to the flooding and subsequent repairs to the gallery. Last edition of the NGT profiled the first two artists Inara Kent and Rachael Windress exhibiting 1st to 10th Sept. This edition we look at the final two artists, Dervis and Corinne. Dervis Pavlovic, 11th to 20th September, with his exhibition titled ‘Dreams, Myths and Reflections’ writes about his exhibition. “My painting is expressively graphic and narrative in its imagery. I paint symbols of my daily thoughts and feelings. The persistence of darkness in my imagery is more suggestive of my Eastern European roots and a legacy of war and dislocation that coloured my childhood.” Dervis explores the possibilities and limitations of political art and the confrontations such dimensions pose. “I draw from an acute but almost surreal sense of an apocalyptic shift taking place in world politics.”



‘The Gloomig Sea’ by Dervis Pavlovic

He takes a magic/realism approach to render images inspired by daily musings, photographs, media and literature as he strives for cultural significance and integrity in a commodified, corporatised and consuming world. Dervis is exhibiting 15 exquisite oil paintings. ‘Inside Out’, 21st to 30th September, is Corinne Batt-Rawden’s first solo show in Sydney; her work explores physical impulses and abstract pattern making in search of freedom. The recent floods have triggered many trauma responses within the Northern Rivers community. This human-made disaster is mirrored in various forms throughout the globe through fires, foods, rising sea levels and dangerous weather. Corinne engaged in a

playful creative practice to reconnect with joy while focusing on somatic expression and tension release as a core embodied technique. The repetitiveness of her process imprints learning within her body through muscle contraction and release. All four artists will be at their exhibitions from 10am daily so if you are in the Sydney area for the month of September, Follow the signs at World Square located in George Street. **Serpentine also pops up** Meanwhile in the Northern Rivers, you can find us at the Lismore Car Boot markets on the first and third Sundays of the month, and at the Channon Craft Market on the second Sunday of the month. We have art cards, prints,



‘Resting’ by Corinne Batt-Rawden

paintings, gift ideas and membership forms for artists. If you would like to be involved, volunteers are welcome to join and artists are welcome to register with the gallery. Feel free to contact the Gallery on 0492-964-819 or email: gallery@serpentinearts.org

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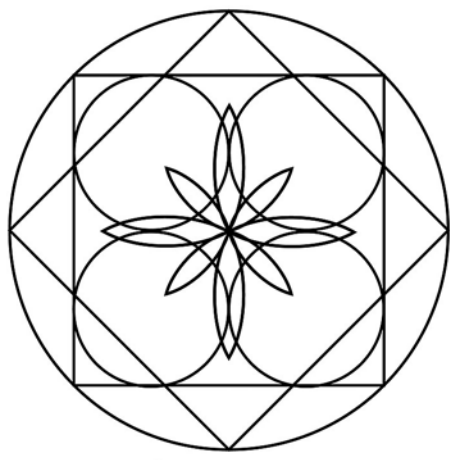
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A reminiscence

by S Sorrensen

I was raised in a small town in Queensland. I didn't like it.

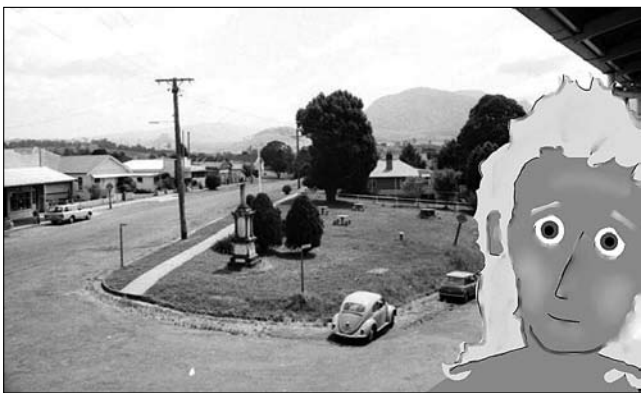
Fleeing the perversions of religion, I fled to northern Queensland: the rainforests of the tablelands, the beaches of Cooktown, the wild rivers that ran westwards into the gulf.

The mysteries and poetry of Christianity turned out to be a trap. The glass was stained, the prayers a warped enticement, the miracles a deviancy. But in the north, I found others like me. We took communion from nature and found no sins to confess.

But everything changes. I fled southwards, escaping the violence of policemen who were intimidated by our new-found joy and embarrassed by their haircuts. I rolled into a small town with a woman and two kids asleep under an Afghan blanket in the back of an unregistered Holden station wagon gagging on its last gulp of leaded.

It was Nimbin. I liked it.

After the strip searches, the shootings and the house burnings of north



Queensland, Nimbin was heaven. Adrian the cop was a friendly fella who didn't shoot you, strut around like a overly testosteroneed teenager, or feel for joints in non-existent sarong pockets.

My family and I slept in a communal house in Tunttable Falls community, surprised at dawn by the famous Tunttable hack echoing through the valley – a new day heralded with barking responses to first bongos. (We didn't do bongos in NQ; too hard to hide.)

My friends (the Caterpillar tribe) from north Queensland, now refugees, acquired the lease on the Rainbow Cafe. We spent months renovating it before its gala opening.

Now I had my town. And income! (Well, not money

income, but food.)

In time, the fines I'd accumulated for driving an unregistered Holden station wagon led to Adrian, standing beside my ticking Holden on Tunttable Road, explaining to me I could pay the fines (I had no money) or spend five days in the one-cell Nimbin jail.

Best five days ever! Mrs Adrian cooked me meals like I'd not had in years. Chops! With mushy peas! There was a shower. With hot water!

The cell door was always open and my friends would visit. We'd play guitar sitting in a circle in the police yard. Bob Marley died and we played 'I Shot the Sheriff' for Adrian and Mrs Adrian, who smiled politely.

At night, after dessert, and when the Adrians had gone

to bed in their house next to the police station, I would put on my going-out sarong, sneak out over the back fence and up to the Rainbow Cafe, and I worked there, making lentil soup.

George Scott would sing and play his guitar there. He was the only person I ever knew who would tie a broken guitar string back together rather than buy a new one. He preferred to spend his money on beer and smokes – which were essential to his remarkable voice.

Around midnight, I'd return to the jail (not always alone) and contentedly lie on a mattress much more comfortable than the futon in the back of the Holden. I would dream of living in a small home (about the size of this cell would do) somewhere close to this little town where prayers are answered and miracles happen – where I was healed.

I found a hill tucked away in a small high valley only one side of 'Dark-Side-of-the-Moon' drive from the village. On the hill, under the cliffs, I built a shack. About the size of the old Nimbin jail. And I always left the door open. I'm still there.

Art imitates life

Well-known artist Rikki Fisher has relocated to Mullumbimby with husband Rob after 14 happy years in Nimbin.

Rikki has also moved on with her artwork, transferring her eye for detail from scratchboard to portraits in oils.

Once specialising mainly in scratchboard art, Rikki has won numerous national and international exhibitions. She was awarded the title of Master Scratchboard Artist by the International Society of Scratchboard Artists.

In recent years Rikki has focussed on portrait painting using oils. She has painted some Nimbin people and her most recent portrait was of Michelle Agioritis.

Rikki felt the work was worth entering in the Dean Cogle Portrait Prize at Dust Temple Gallery in Currumbin.

To her surprise, she was rewarded with First Prize.

Rikki's artwork can be viewed at: www.rikkifisher.com



Michelle Agioritis points to 'The Baker's Daughter', the winning portrait of her by Rikki Fisher

Retail therapy

I've been doing some on-line shopping through the government store: www.nsw.gov.au/moneyformates/executiveaids.

They've got some great stuff – I mean I don't want to be a salesperson for the state government but the Nero violins they imported after the 2019 fires are heritage and going for a steal.

I snatched up a brace of thumb twiddlers, great exercise item for pen pushers.

You should check it out – so much on offer: lots of novel devices. There is a tongue hanger. It's brilliant, it's like a peg for your tongue. Apparently they use them at talkfests and they line up and everyone hangs by their tongue. Too good for them I hear you say, undoubtedly but entertaining?

They have a dog teeth machine to process potential homework, stick on coffee mug rings for inconvenient truths; I was particularly taken by a special under-arse gloves set that can trap your hands there for as long as you want – they never go numb.

There was a pair of what was loosely referred to as hope binoculars – that allows politicians to look at the indefinite future and it looks like the near future to them. They've been using this to design refugees' policy for decades but now thanks to the fire and the floods they have a domestic use.

Also on sale there is a debate discontinuer ... this consists of a steel bucket and a lump hammer. The idea being you place the bucket on your head



Revenge of the Loon

by Laurie Axtens

and one of your assistants thump it with the hammer. I could be wrong, but I swear I saw Kevin Hogan having this done in the gutter outside his electoral office last week. Maybe it was in a dream... tent living does strange things to your psyche.

There are 'room elephants' as well; huge ethereal pachyderms that allow you to condemn and rescue the same thing in a single thought bubble – say like destroying North and South Lismore while rebuilding the CBD because major and catastrophic flooding doesn't affect these areas exactly the same way?

Tyre-kicking toe caps, telescope of works, auto crashing hard drives, self-retracting public reports, pubic manicure shavers; it's a dazzling display and a beautifully presented web page – everything a committed executive could want as they develop and redevelop policies in the fullness of time to deal with the pressing issues of human tragedy that abound.

How to close Pandora's box

With over eight billion people, opinionated and free individuals, the question arises how humanity can still be managed.

Calm the waters. There are over 200 nations, 500 tribes, many faiths. Every country, party, town, community has multiple divisions. Views differ.

How to unite the Global Village, close the lid on Pandora's Box? Proceed not on divergent paths of personal righteousness, but to the Milky Way, solving the problems of economic scarcity, exploitation, pollution and population explosion with abundant new lands and resources in the sky, without violence?

Sustainable, growing humanity. The solution lies in food. Taste, not nourishment. Consumer choice. Just like alcohol influences behaviour, so can chemicals in diet.

Omnivores may see the world as predators, where everybody is a potential enemy, especially if one looks different, has incompatible faiths, gender, beliefs, looks, ideas, etc. How to unify these differences?

Was Darwin myopic in seeing the world as a competition between species, a natural selection of skills. Yeah, the picture is not complete. Human origins tell a wider story. People learn not only through competition, but also from co-

Shapeshifting

by Anand Gandharva

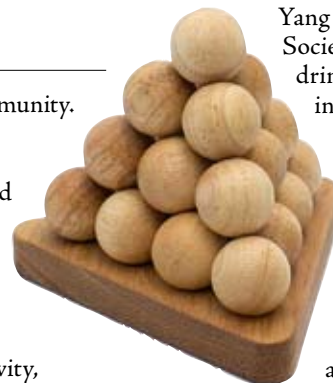
operation, teamwork, community.

It is true that mankind owes space travel, modern technology, art, science and more to competition of ideas, but it is equally true that we were successful as a team by trading crops and goods, sharing dreams and creativity, specialising and signalling jobs, inventing together.

It is time society stops empowering individuals with predatory skills, opportunism. It leads to snapping at heels, replacing old dogs for new ones. It makes every Jack into a King; it leads to Facebook (pardon, Meta) style "I am right and you are wrong" sector dogmatism.

So, how to close Pandora's lid? Isn't it like closing the gate after the horse has bolted? No, it is a fundamental change in the psychology and economy of society, from hunter to gardener, from omnivore to herbivore, from apex predators to meritocracy.

The horse turns out to be an hallucination. The can of worms a fata morgana. It is not that, as with the Greek tale, curiosity killed the cat, releasing the curses.



Yang is balanced by Yin. Society allows for social drinking, but disallows inebriated driving. The cost is too high. Marijuana releases creativity, like an uncaged bear, but authorities worry about wild animals upsetting norms, paying taxes.

One may argue that the achievements of society are many, and that most people control themselves

admirably, regardless of what they eat.

History is grand indeed. People stand on the shoulders of those who went before, organising nature, building tribes, etc. But the story of humanity has barely started, with track changes along the way. Humanity goes from the era of natural selection, to selecting genetics.

Humans are related to mammals: consuming them is barbaric, without sufficient thought or empathy. There are herbivore civilisations, and humanity has outlawed many things in order to build community, such as public nudity, unsanitary defecation, incest, duels, theft, insulting speech, cruelty to pets, false panic (like yelling "Fire!" in a theatre).

It may take new laws, take time. But it will close Pandora's Box.

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The whole radish

by Evie Fairley

The radish has been cultivated for over 4000 years although its true origin is disputed amongst botanists.

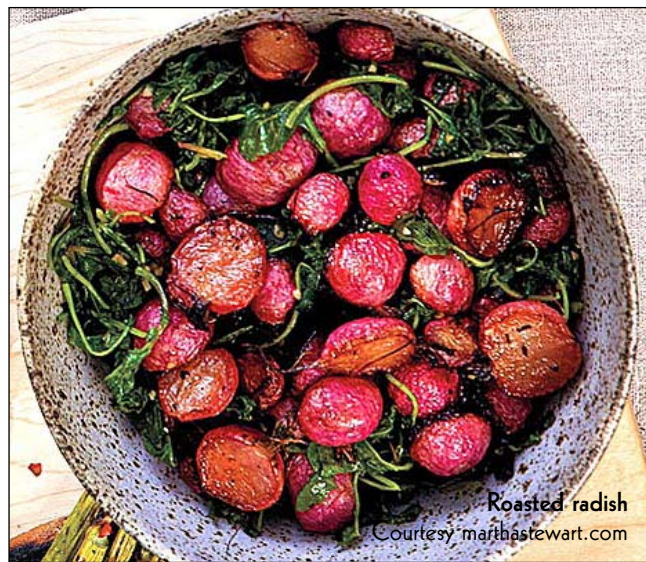
Possibly native to Asia yet domesticated in the Mediterranean, this pungent cruciferous vegetable has been eaten by the ancient Egyptians, along with garlic and onions, while building their pyramids, and was an offering to Apollo in the temple of Delphi, along with turnips made of lead, beets of silver and radishes of gold.

The folklore surrounding radishes mostly stems from Ye Olde England. If you needed to find where a witch was lurking, all that was required was to uproot a wild radish plant while reciting an incantation, and the witches whereabouts would be revealed.

Contrastingly, if you wore a garland of radish flowers it would repel or protect you from demons.

Shifting to an era where science replaced superstition, the radish has much to offer to keep our physical bodies healthy.

It benefits the gallbladder and liver, and is a natural decongestant. If consumed regularly, it may help prevent



Roasted radish
Courtesy: marthastewart.com

viral infections such as the common cold and influenza.

The freshly pressed juice from a grated fresh radish is a European home remedy for coughs, rheumatism and gallbladder stones.

A wonderfully fast-growing vegetable in a variety of hues – red, purple, black, yellow, white and green – allows for a large colour palette for your palate.

And now to tickle your tastebuds with recipes using the whole plant.

Roasted radish

serves 6, vegan

2 bunches radish, approx 20
2 tbsp olive oil
Salt/pepper to taste

Italian herb mix

Preheat oven to 220°C, wash and dry radish, then toss with olive oil, herbs and salt/pepper.

Transfer onto an oiled baking tray cook for 45 minutes, stirring halfway through

Radish greens pesto

vegan

2-3 garlic cloves
Bunch radish greens
Pumpkin seeds
Olive oil
Nutritional yeast
Sea salt

Whizz in a food processor and serve over roasted radishes and pasta of your choice.

Food co-op popular

by EaLa

The outside of the Nimbin Organic Food Co-op has had a bit of a facelift, with thanks to Chaquita and Frank for volunteering their time to brighten up the front of the shop.

We are definitely more visible to passersby with the vibrant hues chosen through a voting process within the co-op and the community.

When you step inside you may notice another alteration: new wooden shelving for our fresh produce! Thanks Dave for your beautiful handywork. They have really given the store a lift with their functionality and aesthetic.

We are super-grateful to stock a new local honey producer; Black Dog Honey. Their honey products are available in bulk, in 1kg and 500g jars and also in compostable refill pouches.

The Maltese Vegan is still supplying the co-op with delicious weekly meals, but not for much longer, as he is about to embark on collaborating in a new vegan cafe in Nimbin.

So if you want to take advantage of his vegan culinary delights while they're still on offer in the co-op, now is the time! Visit us in the store to order his meals before Monday at 1pm and they'll be delivered in-store on Wednesday around lunchtime. All produce is from the Nimbin Food Co-op. Bring your own containers for less waste, or biodegradable containers will be provided.

Thank you to all our new members

As we are a community-owned, volunteer-run organisation, we couldn't survive without the wonderful support of the Nimbin community.

Membership enables you a 10% discount on all your purchases year around, although during the month of August we increased that to 15%.



Membership costs a meagre \$25 annually and at present is only \$6, valid until October.

We are seeking a couple of new volunteers; one for a permanent Saturday position, and another person who is completely flexible, to work a variety of shifts that need covered at the last minute, due to sickness etc.

The reward is an initial 20% discount on nutritious organic food, with the discount increasing to 28% after three months of consistent work.

Perhaps pop in and chat with current volunteers about how fulfilling it is to be a part of this wonderful community co-operative.

We would love to welcome you to the Nimbin Organic Food Co-op family.

www.nimbinfoodcoop.org.au

Your pet's purpose

by Donna Connolly

I've touched on your pet's purpose in context with our soul evolution in other articles. I can guarantee you that every pet has a purpose in your life.

We are complex and multi-faceted creatures and animals assist us to make sense of how we show up and interpret our world.

This month I thought I'd give you some examples, so you can investigate and become curious from your own life experiences, including messages, learnings and growth that are unique to the beautiful bonds we have with our beloved pets.

These lessons can be really helpful in discovering our purpose, our blocks and obstacles, including habits and behaviours that no longer serve our highest self.

Animals can achieve this by mirroring our behaviours or illnesses, they can also show us a new way of being as we adapt to their presence in our lives. They can mimic dysfunction in relationships. Or shine a bright, undeniable light on the things that are not working!

Sometimes they are only with us for a very short time and sadly, the lesson can be literally letting go.

Pets can also reflect who we are, how we are perceived, or who we need to become to be the best version of ourselves.

Have you ever had a dog who is really discerning with people and other pets? And yet you are the ultimate people pleaser?

Do you always put others first? Well, Dora embodies this particular lesson beautifully, for me!

Everyone who meets Dora knows she lives life on her terms. She has taught me many things, here are just a few:

- It's okay to speak up;
- Have a preference, be decisive ;
- Her messages are always clear;
- I always know where I stand with her;
- She is an excellent judge of character;
- Doesn't entertain fools or inauthentic people;
- She has a strong and comforting presence;
- Dora and I dream together and we have manifested some amazing moments;
- There's always time for a splash in the ocean .

I've always been in awe of who Dora is. Her character and strength make her one of my biggest teachers; 12 years and counting.

Another thing worth mentioning is Dora has

always been loved, from the day she was born. That in itself has been amazing to watch, as I believe fundamentally, that is where her self confidence and self assured attitude stems from.

In turn, this has shown me the importance of making sure that I show myself some love, and self-care, including boundaries and discernment. Needless to say, this is still a work in progress.

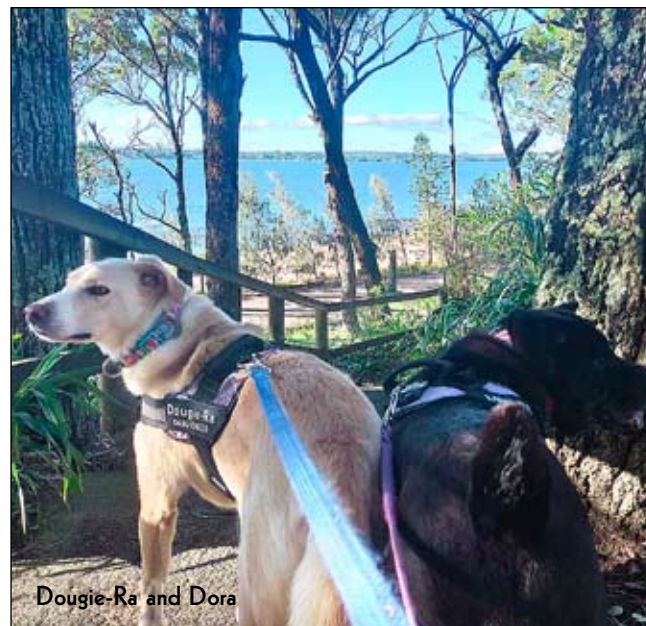
Bottom line: Dora believed in me, long before I did!

Edna, my gorgeous rescue dog, turned my world upside down (in all the right ways). I lived some of my best times with her as I made choices and decisions to ensure I gave her her best life.

She demonstrated the importance of taking things slowly, allowing space for the person/ pet to do things in her own time. Edna also cracked my heart wide open showing me the power of unconditional love and how love can create magic moments.

Dougie-Ra showed up a year ago. I believe he was called in by Dora, for her to train and to be with me when Dora chooses to transition.

Doug is a young and gentle guy, he loves being loved and is always up for adventure. He reminds me of the



importance of fun. He is also the king of acceptance and flow. He still has some of Dora's traits too; he knows what he wants and enjoys meeting people, he is forever curious.

As I co-habitate with these two individual souls, I can feel their energies as a familiar part of me. Also, when I feel challenged by their behaviour or a situation, I look to myself and become curious to where that shows up for me, what can I do better?

Oftentimes when we find the right solution or adapt/ alter our thinking, the issue resolves itself simply and readily.

Another area where our pets can show up for us, is as their guardians. They can be a representation of our inner yearnings and needs,

such as:

- When we feel compelled to make them feel safe (sometimes from a person or a situation);
- We are totally focused on their comfort (where do we need comfort);
- Preoccupied by them and their needs, only have the best food (while we get

whatever is cheapest);

- Obsess and explore all options to deal with an illness or disease, it's amazing how many times a medical condition that exists in the person also exists in their pet in some way; and
- Always focusing on them is also a distracting tactic to avoid dealing with our own life issues.

In a lot of these cases, these are things that we desire and need for ourselves. Sometimes we don't feel worthy or deserving of such extravagance.

Oftentimes I find clients are willing to go without to afford food or treatments for their furfriends. It's okay to put yourself first occasionally.

Animal Communication can assist with a variety of situations, such as understanding perplexing behavioural issues, dietary needs or unresolved health issues.

www.rivergem.com.au





by Kerry Hagan

We could not have asked for a more perfect spring day for our visit to Anne-Marie's place on Webster's Creek community at Blue Knob. It's been over two years

since we were last there, which was just after Anne-Marie moved there. The changes in that time are simply astounding. Gone is most of the lantana which abounded before, and in its place are plantings of silky oak and indigenous eucalyptus. Beautiful paving



Photos: Olof Jonnerstig

is now a feature around the house, which sets off the rainforest garden behind. There are now many wicking beds, growing very healthy looking vegetables, despite the bowerbirds having first pick. Anne-Marie is a wildlife

carer and at present she has orphaned baby possums housed in what was once an aviary, so we had to tiptoe around that area. For the last 20 years she has been making special teats for feeding orphaned baby animals and supplying



zoos and sanctuaries around the world, but she has now passed this on, which will give her more time to concentrate on her own back yard. We can't wait to see what she does next. Thank you

Anne-Marie for a truly wonderful afternoon. Our September garden visit is being postponed due to MardiGrass. Details of our next visit will be published in next month's edition of the *Nimbin GoodTimes*.

Gorgeous weather for the Nimbin Bushwalkers



Anvil Rock in Gibraltar NP



Waterfall in Washpool NP

by Peter Moyle

Finally, some gorgeous weather for the walkers to get out and about. Earlier in August we revisited the Goonengerry National Park which is a great area for walking as it sits on the top of the escarpment and even in the very wet weather stays solid underfoot while also allowing the creeks and waterfalls to be at their best. Add in some rainforest and it's perfect for a few hours exploring. This we did, walking some different tracks from our last visit, making for an enjoyable day. Our monthly camp/walking weekend saw us head south to the Gibraltar Range National Park and camping at Mulligans. This is a very well set-up camp site with flushing toilets and cold showers that saw little use due to the season. The weather was quite mild, with warm sunny days and brisk nights but nothing like the low temperatures that we had in June and July. The walking is first rate with a large number of walks in the park as well as the Washpool that is only 20 minutes away. We spent five days and still missed some of the walks. We will return next year for up to a week to really take in the attractions and atmosphere.

Walks programme

Thursday 15th to Monday 19th September

Binna Burra, Lamington NP behind the Gold Coast

Leader: Peter Moyle 0412-656-498

Grade 3-4: There are varied walks of different lengths.

Meet: At the campground, contact Peter to register your interest. We have not been to Binna Burra for a few years and only parts were in the bushfire. The campground and safari tents were not affected. We planned to come here in February, but the floods closed the NP.

Walks: Each day Friday at 12 noon, Saturday from 9.30am and the Sunday from 9am.

Camping: If you decide to overnight, the club has reserved some nice sites. Some of us are staying Thursday to Monday, so choices are available, confirm with Peter if you want to share. There are limited spots, so get in early; otherwise book your own. The campground caters for tent, campervans, and motorhomes as well as Safari tents if you prefer. Bookings are essential – weekends are always busy, so need to be made well in advance.

Sunday 2nd October

Lake Ainsworth Coastal Wildflowers at Lennox Head

Leader: Megan Myers 0415-063-302 and Linda Hill 0488-548-700

Grade: 3. 10km coastal walk, easy grade walking behind the dunes. Beach, heath areas and hopefully some spring flowers and maybe some late frolicking whales.

Meet: At 9.15am at the carpark at the end of Lake Ainsworth, Pacific Parade Lennox Head.

Bring: Lunch, hat, and water.

Friday 14th to Monday 17th October

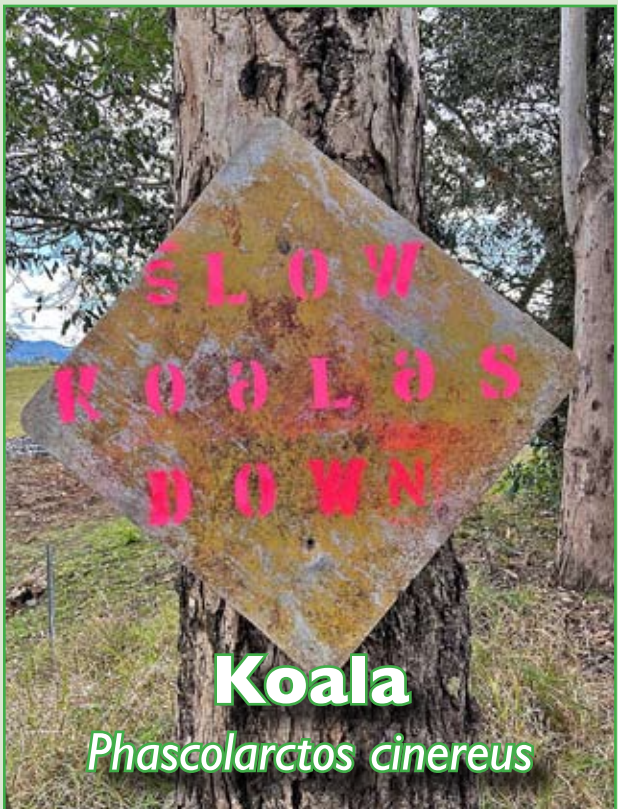
Girraween National Park

Leader: Mark Osberg 0408-113-125

Grade: 3 – 4. Care needed at drop-off, can be slippery after rain and care needed on tracks. Stunning landscapes with huge granite boulders, clear running streams, excellent water holes, some easy and some more difficult walking tracks, some steep grades caution needed at lookouts. Camping fees of \$7 per person/night. Mark is going for a week so plenty of options around the dates. For more on camping info and to confirm your attendance please phone Mark.

Bring: camping and walking gear, drinking water and firewood. You might like to check out: www.npsr.qld.gov.au/parks/girraween

Animal of the month



by Richard Burer

This month we are being festive, and not only will MardiGrass get well-deserved celebrations, but there are month-long celebrations with the Border Ranges Richmond Valley Landcare network for the festival of the koala in Kyogle, with workshops and everything koala going on. (See program p.27)

Locally in Nimbin we have active populations that have stayed resilient despite serious loss of connectivity, drought and flood over the last many years. My works take me around the local area working on koala habitat restoration, and there is a great spread of koalas and core koala habitat that can be enhanced with such things as woody weed control (lantana), tree plantings and connectivity enhancements. But simply just being aware, registering sightings on the Friends of the

Koala website, identifying scratches on high-use trees like the one pictured, and developing scat ID on koala droppings. A good idea is to be aware of your pets and your neighbours' pets, as recent killings of koalas by domestic dogs in the Blue Knob area are disappointing and unnecessary. There is not much use in saying slow down around our local roads, particularly at night, but I may as well mention it. Often koalas use the roads to reach preferred trees due to impenetrable weeds and loss of habitat. It's risky life for this iconic and special species, but let's speak up for those who need our help by contributing in any way we can to preserving them in our lifetime and that of future generations. Richard Burer is a Nimbin-based natural area restoration contractor and consultant: richard.burer@gmail.com

Wild horses

by Suzy Maloney



Someone asked me to describe my experiences with wild horses, and how they differ from domestic horses. It feels like a suitable time to write this.

I have just returned from a trip to the red heart of Australia. During the drive from Kings Canyon to Uluru, we came upon a small group of brumbies. It was my birthday and I'd said I would love to see brumbies just that morning.

My companion was a fellow horse woman with whom I have been doing horse workshops. We are both very much on the same page in how we are with horses.

We stopped the car and slowly walked toward the brumbies. We approached the nearest, watching for signs about how close we could come. When we hit his personal body space he reacted, we dropped to the ground and were still and silent.

Both of us have developed the ability to contain our energy when around horses. We relaxed our breathing and heart rates and stilled our minds. And there we remained, time stood still, I have no idea for how long, it could have been 30 minutes, or it could have been an hour.

One step at a time he approached, we kept our gazes lowered and remained relaxed and still. As he got closer it was important to not allow ourselves to get excited, to still our thinking, and not to feel anything except awe and admiration for this stunning being.

He came all the way toward us, then slowly and tentatively reached

out and touched me with his muzzle. He repeated this with both of us, touching us briefly then absorbing the information he had received by smell and feel.

When he was satisfied that we posed no threat, he stood directly over us and relaxed into resting posture. The three of us stayed like this for an indeterminate time. Then he reached forward with his front hoof, just missing my leg. We took this as a message that it was time to leave; he was telling us our time with him was over, that it was enough.

This experience has solidified for me the lessons I learnt from the Guy Fawkes brumby who's been living in my herd for ten years. When he first arrived at my property, I did things with him the same way I would with other horses and got a very different response.

My entire lifetime of working with, studying, and training horses didn't seem to work anymore.

At first, I thought he was just a difficult horse, a bit of a challenge to train and work with. But then I realised it was a different situation to anything I had experienced before and that I would have to throw out everything I knew and start again. He was rocking my boat big time.

After 20 years working as an equine professional, completing a degree in equine science and other qualifications, I realised I knew absolutely nothing.

He was pure horse. Absolutely pure

in body and spirit, not conditioned by humans as a foal or young horse. He was a five-year-old stallion when captured, and all his development had taken place in the wild. He was quite literally an adult wild animal, and he was in my paddock.

This was when I learnt just what it is we do to horses when we domesticate them. The changes are fundamental in how the horse thinks and reacts to the world. His world view was so different to anything I had experienced.

So, I went to his school and opened myself up to all he had to teach. The experience I had with the wild brumby in his natural habitat, was a huge affirmation that I have learnt my lessons.

The beautiful thing is, that now I understand pure horse, I find it still there, deep down inside every domestic horse. By being with domestic horses in the same way I am with wild horses opens a level of communication and connection between us beyond training and conditioning.

What I am talking about is not a set of tricks, a system to follow, or any training tools, this is about working on yourself as a compassionate, gentle, and open-hearted human, someone who a wild animal can feel safe with.

Email: suzy@happyhorsesbitless.com

Web: www.happyhorsesbitless.com

Facebook: Happy Horses Bitless Bridles

Phone 0401-249-263

Soul connections

by Les Rees

Having practised natural medicine for some considerable time, I have decided to concentrate more on body work as my research has opened up new interests that shine the light on the healing pathways of the body.

I qualified as an Equine Sports Therapist several years ago but have mainly focused on my herbal qualifications, and the time has come for a reversal of my prime interests and I'm excited about the positive results that this modality can achieve in aiding the body to heal.

During the prolonged wet period, many horses suffered from both physical and mental problems often causing depression.

This was due to conditions affecting their physical ability to cope with the invasion of micro-organisms taking advantage of the wet conditions and the external stresses that for many horses induced depression.

Sadly, one of our horses went through a period of depression refusing to leave her stable during the wet weather.

It began with Queensland itch, causing skin lesions and subsequent itching around her belly and between her legs where sweat was

a contributing factor in attracting the biting midges.

She also had developed an abscess causing lameness and pain and, given that the paddocks were wet and slippery, she preferred to remain in the comfort of her own stable. Many animals were not so lucky to have a dry place at all, so is it any wonder that so many horses were suffering?

During that time, in spite of all the feeding and medications she was having, she lost condition and dropped all of her top line looking as if she was sinking into oblivion. She is 20 years old and had appeared to have given up, but I hadn't.

I'm a great believer in using other modalities because they can work together to achieve positive outcomes. I decided to call on the help of Dr Bruno Ross who came to our rescue, taking blood samples to eliminate possible diseases, and left me with some cortisone injections for her.

After a few weeks she began to get better, but poor weight gain and muscle development was still a huge problem.

During the years of being a naturopath it has been the horses that have taught me how to treat them and I have often thought that they were testing my knowledge to aid me along my journey to achieving it.



In this case my beautiful horse was still unwilling to go out while it was raining. I had been giving her regular massages to aid the relief of stiffness in her body, which was helping a little but she was still very depressed.

So I began by concentrating on relaxing her using energy techniques and gentle massage where I could find blockages. To my surprise she responded extremely well particularly when working on the head and neck area and she had some surprisingly long releases.

Having done this a few times, my beautiful girl licked me for a long time and I'm sure she was telling me that this was leading to a positive outcome.

Several weeks have passed

and I've continued with these sessions on a daily basis and have gradually been introducing some other techniques including working on the meridians and acupressure points.

I am happy to say that she is a different horse now who is happily going out into her paddock to enjoy being with the rest of her equine family.

She loves her sessions and becomes so relaxed that she goes to sleep after each one for an hour or so before heading out to be with her friends.

The great news is that she has also regained her top line and is her old self again.

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Vegan cafe manifests in Nimbin

by EaLa

To Marijonas Vikelis-Curas (Mari) "People did not keep coming just because the food tasted good on their taste buds. They came, albeit mostly subconsciously, because the food and the environment contained less death and suffering and so nurtured, or at least revitalised, their own essence of life and hope for peace and freedom."

Yes, the rumours are true! Mari from 20,000 Cows is collaborating with two other local vegan foodies, Jodie Luca and Manny the Maltese Vegan, to provide ethical, nutritious food for Nimbin and surrounding communities.

Mari opened the Wolf & Lamb Vegetarian Restaurant in Lismore in 1989, which later became known as 20,000 Cows, which fully embraces the agenda of Ashram, an ancient Sanskrit word proclaiming sanctuary for all beings, and has always existed as a philosophically and spiritually based operation.

Following the devastating floods early this year all that remains of 20,000 Cows restaurant is the shell and two small emblems above the back and front door proclaiming Ashram.

"While the old premises of 20,000 Cows on Bridge Street, North Lismore has sadly closed, we will be opening for a few evenings each week in Nimbin at the new Wolf & Lamb Vegan Café," Mari announced.

Jodie first met Mari at 20,000 Cows when she arrived to the area; enjoying



his food, his company and even purchased his book *Wolf and Lamb*.

Born and raised in southern Victoria, she started questioning her parents regarding the animal products on her dinner plate when she was young. She became a vegetarian at age 19 and made a commitment towards cruelty-free eating seven years ago. She has lived in the Nimbin community for the past four years.

Just a few weeks ago she approached Mari with the idea of collaborating after hearing he was unable to re-open his restaurant in Lismore. She also sought out Manny, the Maltese Vegan, who says he was flabbergasted when Jodie approached him with the idea. It has always been an individual dream of both Jodie and Manny to have their own vegan cafes.

So the Wolf & Lamb Vegan Cafe is a

collaboration between these three heart-centred humans who are focused on providing a loving environment, with wholesome, delicious food that satiates your soul and not just your body.

Jodie will be providing the vegan lunch men. Her vegan cuisine may have delighted locals and visitors at 'The Vegan Station', located behind the The Green Bank during MardiGrass in 2017 and 2018.

Manny's interest in food began up in East Brunswick, Melbourne. He began working in the hospitality industry when he was 23 years old and first moved to Nimbin in 1997, with a 12-year hiatus spent in Malta to care for his mother.

While in Malta, Manny got severe food poisoning from eating pork. He says, "I took a hard look at what I was feeling about the love I have for animals. Loving animals and killing and eating them didn't sit right with me. The healthiest choice I've made for my body, mind and most of all for our fellow Earthlings."

Upon returning to the Nimbin community in 2017, he was determined to reclaim his desire to cook healthy, tasty meals for the community and The Maltese Vegan was created.

Manny will be serving breakfast from 8am, Wednesday to Saturday.

The Wolf & Lamb Vegan Cafe is opening before MardiGrass, tentatively around 7th September, opening hours to be announced.

For more information, visit: www.20000cows.com

Weeds to watch for

Weed Words

by Triny Roe

Welcome to Nimbin, or the Valley of Weeds as it has been called.

No, not The Weed, the other plant Nimbin is famous for; Weeds: exotic plant species which can overgrow, outcompete and impact our landscapes, lifestyles and economy.

The Epicentre of some seriously invasive species like giant devil fig, *Solanum chrysotrichum*, and crofton weed, *Ageratina adenophora*,

Nimbin is also home to a great number of other exotic species, which all flourish in the rich and fertile soils in the hills of Nimbin.

Spring has sprung and the longer warmer days mean all vegetation, including weeds, are really getting going.

The Northern Rivers has a gentle subtropical climate. Not too hot, not too cold – it's Goldilocks Land.

Hope you like weeding. Even if you don't see many weeds when you buy "priced low for a quick sale," they will come. Wind and water (and there's plenty of that around), birds, bats, furry animals, machinery, vehicle, stock feed, landscaping supplies and people themselves will bring new weeds.

Prompt identification of new plants appearing and timely appropriate

management could save a lot of work and heartache down the track.

One school of thought says weeds have been sent to help us and everything balances out in the end.

'Weeds' is a broad term, and it's horses for courses. Every weed is different and can require an individual and tailored approach. Criteria to judge the worst of weeds is how fast they grow, how easily they spread and what damage they can do.

Some weeds are ecosystem transformers. Watch out for cats claw, *Dolichandra unguis-cati*, madeira vine, *Anredera cordifolia*, and balloon vine, *Cardiospermum halicacabum*, to name just a few.

These vigorous creepers could easily arrive in recent floodwaters, free garden soil or woodchip collected from the roadside. Fast growing, these scrambling vines climb rapidly and smother trees, eventually killing them.

Other so-called weeds are benign and even useful. Chickweed, *Stellaria media*, growing wild, freshly harvested, is super healthy in salads, soups and smoothies. Dock, *Rumex spp.*, is also a delicious addition to the stew.

Some weeds can be seasonally managed. Strategically hand-weed crofton weed, *Ageratina adenophora* – death to horses – before it flowers in



Giant devil fig can germinate in thick patches

Spring and sets seed.

Introduced in the early 20th century as an ornamental, it didn't take long to entrench in the Northern Rivers after it was brought to a property in Crofton Road.

Spreading further to South-east Qld, it drove people off their farms in the 1940s and 50s.

Parthenium weed, *Parthenium hysterophorus*, is a super-spreader. It can set seed in as little as four weeks. This plant causes dermatitis and asthma in humans and degrades pastures, replacing the palatable species.

A serious weed in Central Queensland, farms there have also been abandoned due to its impact on the health of inhabitants.

Over 20 incursions of this plant into NSW have occurred since 2020. Several arose from contaminated organic chicken feed from

Queensland. Others came via vehicles and machinery, which had passed through infested areas.

Breakouts could start with only one seed germinating and then, unobserved, unrecognised and unmanaged, it matured, flowered and seeded.

Parthenium grows all year round in a convivial climate.

Fireweed, *Senecio madagascariensis*, toxic to horses, cattle and alpacas, can also quickly cover a paddock.

Those glorious carpets of bright yellow flowers in the paddocks and along the roads, so pretty to the sightseer, are not so pretty to the farmer unless they run sheep or goats which can eat this plant, short term.

Wear gloves to hand weed single specimens and bin or burn before you have thousands.

Happy weeding.



Oasis Cafe renaissance

by Paulie

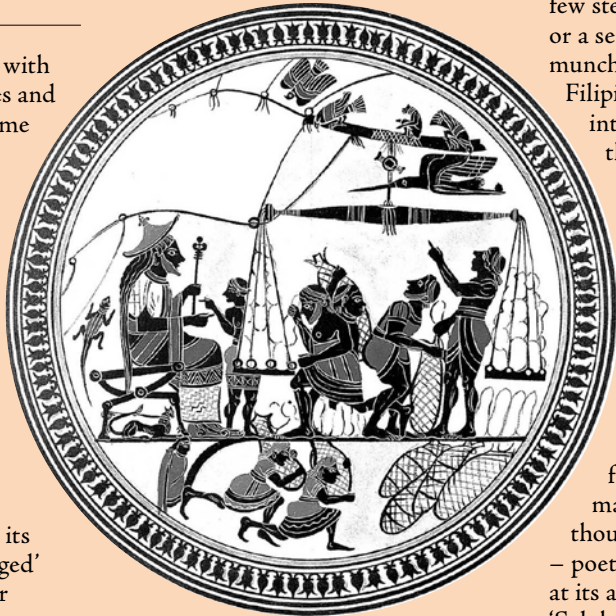
For the first time, Nimbin is hosting a Spring MardiGrass, a warmer and more fruitful time of the year, just prior to Spring Equinox. It coincides with the annual firefly migration, as the little glow-bugs make their way into the valleys and ravines of our sacred mountain's caldera. An exciting time of the year for all of us land lovers, the season of fertility, new projects, ideas, building, creativity, planting, and those precious antioxidant-rich berries, filling our children's bellies. Yum. This Equinox marks our second anniversary of voluntarily caretaking the Nimbin Oasis Music Hub & Cafe, for your enjoyment, nourishment and sanctuary. Nimbin, like many small towns, has felt the aftereffect of bushfires, floods, and the flu-season, sporadically triggering a migration of people away from cities, and having a piercing effect on Australian tourism.

Throughout this hibernation period, there have been many changes to the face of our rainbow village, re-emerging towards an ever-changing social world. Out of the darkness, into the light, Nimbin proudly is a unique healing mecca, infamously sought globally as part of the trail on the Healing Path. During our internationally recognised Hemp Rally, in adoration of Lord Shiva's Sacred Hari Hari Ganja, the Oasis Cafe will be hosting a line-up of fun and inspiring local and interstate musical artists, from DJs to live Reggae, Jazz, Funk and Dub. We also cater a great variety of beverages and healthy food served 'til late. Charismatic volunteers will be gratefully welcomed and much appreciated. For everyone's comfort and to maintain the shared space, the Oasis is an alcohol-free and dog-free area. Wishing you all a wonderful MardiGrass, let's show the world how to revitalise balance with Nature.

Food the obscure

by Thom Culpepper

The human heart is riven with many and various desires and needs, some cultural, some habit and others opportunistic. Likewise, the human and not-so-human gut is given to finding solutions to its imperative of survival's needs. The tongue and mouth are known to have only a few rejection taste sites, and these are very specific. Survival is basic. So, eat what you can stomach and name your own 'poison' or 'potion', as you must! The Vikings' palate for fermented shark meat (some, in its fresh form, quite poisonous). 'Aged' shark is recorded so as to appear fabulous. To bury shark meat until it is, for the most of culinary reality, 'a stinking and rotten' mess, or the image of a hundred Greater Auks sewn into the carcass of a dead seal and left to 'fester' in the sun until it too is rotten, revolts the Anglo-food-mind, though the thought of munching on horse meat similarly turns the stomach of British culture. Not biblical enough? It is said the various Ice Ages in the North allows very limited food choices. Not 'partaking' of hogs to some peoples: "Na, not on my plate, Gunga din!" Chicken livers? OK, they're Kosher. Though the joy of dining on 'long-pig' was favoured by more than a few cultures. Protein scarcity? I won't name them, but some are/were and still our regional neighbours, enjoyed their fellow inhabitants of a nearby patch, not so long ago. Surveys of 'middens' (cultural kitchens) proves that homo sapiens and



The export of Silphium in the 7th Century BC.

Silphium, a now-extinct plant, was the most famous drug of the ancient world. This painting shows the weighing and loading of Silphium at Cyrene, North Africa, where it was chiefly grown. Courtesy Bibliotheque Nationale, Paris

their forebears were very adept at making use of what came under hand – the kitchen-form of "any port in a storm", satisfying hunger being an everyday imperative; howling, hungry kids being a definite, motor-incentive-driver. And so to now. Some very strange stuff still crosses the palates of homo-modernity. 'Prairie-oysters' (cojones to Latin speakers) crumbed and deep-fried; roasted Tarantula is another; general 'bush meat', another class of sustenance, although the modern

domesticated animals and fowls were once, ancient 'hunter-tucker'. Loads of modern souls often enjoy a plate of 'road-kill' and will barbecue a few steaks of 'jump-meat' (kanga steak) or a serving of 'man's best friend', a munch on a pot of 'herbed' canine. Filipinos enjoy salted eggs with intact embryos. So be it, to each their own, with horse-radish or Worcestershire sauce, (extract of rotted sardines).

The Romans plundered and ravished loads of peoples in search of 'Garum' and shiploads of larks' tongues and 'little birds' for roasting following the afternoon's 'games' at the Colosseum. The veg don't get off Scot-free either. Those Latin tribes made extinct several plant forms, though one in particular is recorded – poets sang about it, gastronomy wept at its apparent loss –the mysterious 'Sylphium', thought to have been a relative of asafoetida. Hundreds of lines have been scribbled on its merits, but few lines are now generated on its joys: has it gone? Or was it all merely just merchant rumours?

Times are changing, generally food is about to look closer to extinction than memory can recall. The land water is all but extinct. Hydro-power can't run on a no-water world. No irrigation. Groundwater aquifers are being depleted at astonishing rates. Check out the whole of west coast America. Agriculture is about to be sea bound, and seaweed will be part of your future diet as it has been in the East for a millennium. Marine algae is unlikely to trip off to the great ether, yet. Your dope may be though! Resist food obscurity, be prepared, be a prepper, save seeds and grow your own. Brick-bats and blossoms to: ByronSeaweed@mail.com

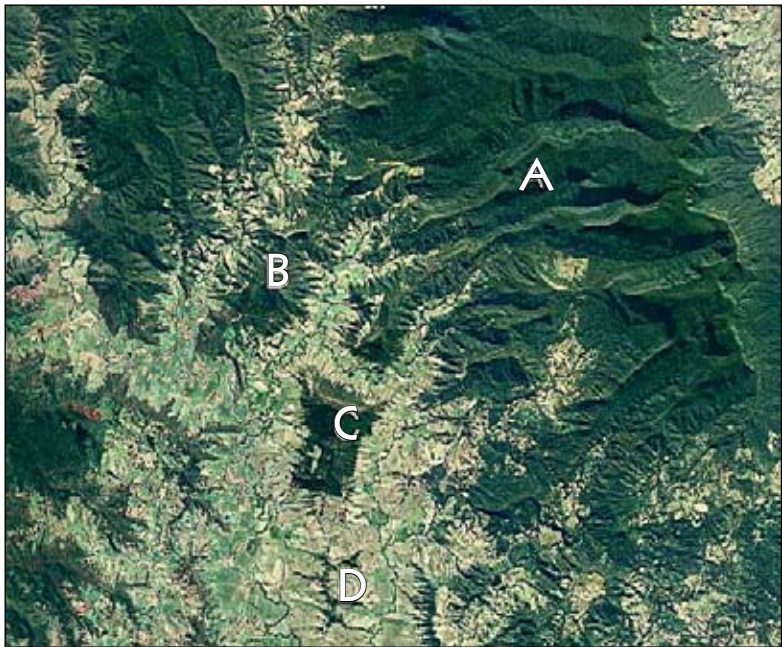
When bigger is better

by Scott O'Keeffe

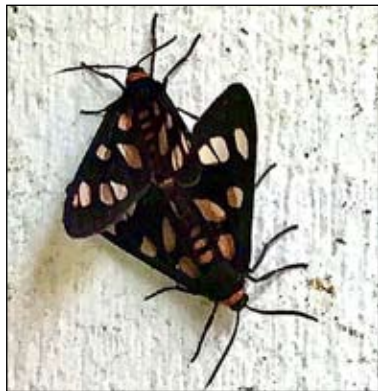
If you've ever walked through a small nature reserve and been surprised by the lack of wildlife diversity, you're not the only one. We live in a fragmented landscape where only remnants of the original vegetation and ecosystems persist. Most of the remaining remnants are relatively small and often in poor condition. They suffer degradation from invasive species, overuse and misuse. Grazing, motorbikes, rubbish dumping and firewood collecting are just some of the pressures put on reserves in highly modified, settled landscapes. However, the conservation value of small remnants can be greatly improved by applying our ecological wisdom. The process of vegetation fragmentation and the performance of remnant vegetation has been intensively studied by ecologists. This knowledge has important applications at all levels, from the individual property to whole landscapes. Bigger reserves are always better for conservation. Large patches of native vegetation have higher species diversity and larger numbers of plants and animals than small patches of a similar type. Small patches do not contain a full suite of species, especially larger organisms. Small patches have a higher risk of species loss through

natural disasters like storms, floods, drought and fire. A disaster in a small patch is likely to affect the whole area, whereas in very large patch with varied terrain there will usually be some unaffected areas from which damaged areas can be recolonised. This applies to all sorts of ecosystems, not just forests. The decline or loss of one species is likely to have a cascading effect in small remnants. For example, let's say we have a small forest patch in the middle of an agricultural district. This small patch is on a bend in a creek that flows through the middle of the valley. It contains a large population of a certain plant that is pollinated by a particular insect. This plant supplies the bulk of the diet of a small mammal in the patch. For some reason the insect pollinator disappears in the district, and no other insect arrives to fill that role. The plant begins to decline since it no longer reproduces. The animal that depends upon this plant has a specific diet, so it too begins to disappear. As one species is lost, more follow. Perhaps the animal in decline provided something that other plants and animals in the remnant needed. Those organisms will also suffer in some way. Now imagine a second patch of similar vegetation in the valley. This larger patch is on a hillside and is much larger than the one on the creek. It slopes sharply and it has

four steep gullies running through it. It's unsuitable for cultivation, so it is left alone. Although it is a kilometre from the creek, the same small mammal inhabits both patches. The mammal is small and moves only short distances through dense vegetation and avoids open areas since it is vulnerable to predation. Open areas are unsuitable anyway, as they don't contain the mammal's food plant. The small population in the patch on the creek is just able to maintain itself with the food and shelter at hand. This population is at risk if there is a disaster. The larger patch has multiple populations of the small mammal, mostly in the gullies. The animals on the hill can move between the gullies because there is cover and food. One summer the creek floods after heavy rain. Half the population of the mammal in the creek patch is drowned or washed away. The floods pass but the population is now too small to sustain itself without some migration of new animals to the remnant. Since this mammal can only disperse short distances, and there is no nearby patch of vegetation, the remaining mammals in the small patch decline as they age, and eventually disappear. This scenario is one often observed in the real world, where small reserves are at risk of losing parts of their flora and fauna. Can we make small remnants more resilient and better



Large ecosystems have high biodiversity (A). Small patch size and isolation reduce biodiversity – there is a sharp drop in biodiversity from B to D. D is a complete disaster.



Small organisms in small remnants may disappear if they cannot disperse when there is a complete disaster.

The role of the subconscious and surrealism

Tarot musings

by Amy Scott-Young
(Amy.B)

Deep within the subconscious mind, lies the language of both emotions and imagery, which directly influence our habits and behaviours to ensure our survival and maintain our wellbeing.

The subconscious also forms the basis of how we perceive the world and is able to completely bypass our conscious thought processes. It is a non-linear function that uses allegorical sources to organise and represent complex principles. It forms the basis of Hermeneutics and, when harnessed, allows for much greater problem solving, discernment and perspective taking.

The subconscious primarily transmits, and receives, messages through our emotions. However, when we are asleep, or in a lucid state, this ability is switched off and our subconscious mind is forced to transmit, or receive, messages through imagery. This is why we dream in imagery and it is also how clairvoyant or psychic impressions are received.

What makes the subconscious so intelligent is also what makes it so susceptible to external manipulation. This is because it is directly affected by the emotions and imagery it is exposed to on a daily basis. In this regard, it is of no consequence what we consciously set our minds to or how logical our thought processes may seem because everything we do is informed and run by our subconscious.

That is why the imagery in the Tarot is so powerful. And also, why the Surrealist, who is able to balance the rational realities of life with the realms of the subconscious and dreams, could be considered the most positive and influential artist in the world of the Tarot.

Incidentally, in 1941, Breton and his fellow surrealists re-designed the Tarot de Marseille deck which was considered by some members of the Golden Dawn to be “a genuine instance of creative Occultism.”

Breton also went on to interpret The Star card of the Tarot in his book *Arcanum 17* (1944) proclaiming it to be the symbol of dreams. Les Etoiles, The Star (pictured) is one of four original Major Arcana illustrations that were created by Roberto Matta for Breton's book.

This book originated from Breton's interest in feminism and from his fascination with the Occult. And its preface states that “from a more Hermetic standpoint, The Star portrays the channelling of superlunary forces into the mundane world. And it is a woman who is the medium of this transfer.”

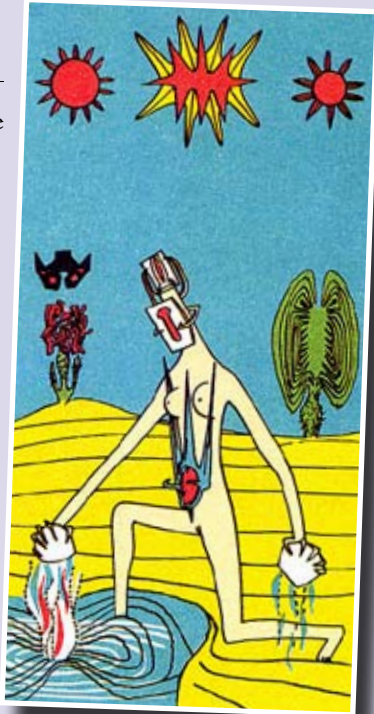
These feminist themes were considered radical at the time but were a positive step forward for the Tarot given that the Rider Waite Smith imagery completely eradicated the equilibrium of the sexes that were so carefully established by the Golden Dawn.

Breton, in his *Manifesto of Surrealism* (1924), wrote: “I believe in the future resolution of these two states, dream and reality, which are seemingly so contradictory, into a kind of absolute reality, a surreality, if one may so speak.”

In Occultism, the powerful combination of these two states, dream and reality, is what transmutes the lower realms into that of the higher. To allow this to happen, our subconscious mind must simply become dissatisfied with its present transitory and imperfect material reality and, in doing so, replace it with a fantastical dreamlike vision of a new non-reality; the unmanifest.

This vision must not contain specific material outcomes as this would go directly against universal laws, leading us down a path of challenges and obstacles. All we must do is harness the spiritual essence and emotional charge of such a vision and, from an artistic standpoint, it is the Surrealist who does this best.

AmyB-Chalk-Art-Tarot.com



Legal writes

by John Adams

The office is coming together. I'm starting to relax. Then there's an email from a mate: “The documents I've identified, need, and don't have: statement of agreed facts, filed cross-claim, defence, response and any amendments or discontinuance.”

I reply: “They're not in the digital files, for some reason. I can get the hard-copy muddy ones out of the storage shed and start peeling pages apart but that could take a while. I'll try to find them in emails next and get back to you.”

I couldn't and didn't. Now he's stressing out – and he's not normally one to stress. Her Honour's told him to find a lawyer. I can't act,

Incompetence of counsel

having fallen on my sword already. He's a bush lawyer, and excellent at what he does, but he's not a solicitor.

A couple of years ago, the owners of a popular alternative business, trusting people, told me about an employee who, after ripping them off in various ways, colluded with a couple of others to sabotage the business, then filed unfair dismissal claims. That's when I went on the record.

The alleged conspirators' case looked unwinnable. How could it be unfair dismissal if they hadn't even been dismissed? So, there I was, a criminal and family lawyer with an age-appropriate interest in wills and estates, assisted by an environmental activist, venturing into a whole new world; first mistake.

Council had threatened to close them down over some building issue. They'd panicked and posted on Facebook that they were closing. Said mate sorted out the Council problem, so they didn't need to close, but the prospective applicants wrote a letter of dismissal and tried to

get the owner to sign it. He, in hospital with a suspected imminent heart attack, refused.

At the trial before a Commissioner, the applicants represented themselves. Any evidence as to the sabotage was irrelevant and therefore inadmissible. The Commissioner awarded the winners some tens of thousands.

We were not the winners. Second mistake: I assumed they'd sue for it in the Local Court, and we'd sort it out there. Wrong, it was the Federal Court and penalties (more tens of thousands) applied because, on my advice, they hadn't paid the ex-employees' judgment debt.

Well out of time to file the appropriate review of the Commissioner's decision in the tribunal, we countered with a cross-claim in the Federal Court, alleging at least equivalent damages, but were forced to withdraw this as not being the right form. Then we drafted a statement of claim in the District Court in the same terms.

I set about filing my notice

of intention to withdraw. Comfortable in the Family Law Comcourts Portal, now I found myself in the eLodgment world of the Federal Court. Filling in all the boxes was hard enough, uploading the pdf unsuccessful. The site insisted the document was infected. I ran the virus check. It wasn't. The portal insisted. Email exchanges followed. Eventually I was allowed to email it. And, when the portal said the same thing about the notice of withdrawal, emailed that as well.

My mate tells me Her Honour didn't get it. When I ask whether he's found a solicitor to go on the record, he is not calm. He's called a large number. I don't think he's pitching it properly. The business is a fondly remembered part of the lives of thousands, not just in Lismore. The publicity value could be spectacular.

And the out-of-time appeal's ready to go, relying on incompetence of counsel and other things like Covid-19 and the floods. Anyone out there know a smart lawyer?

Sea change: Trish has moved to Iluka

Nature's pharmacy

by Trish Clough, herbalist

I've had a huge change in my home and clinic arrangements this month.

Just today as I write this, my husband Simon and I are waiting to receive the keys to our new home near the water.

I'm wanting to reassure readers that I'm not retiring, as I love being a herbalist and will continue to run my clinic as long as I possibly can.

The home we have chosen has a very gorgeous self-contained cabin in the back yard which will be my clinic and dispensary (after I've unpacked 30 boxes of tinctures!).

I'm happy to have a home-based clinic and am looking forward to gradually establishing some medicinal herb gardens for tincture-making. Nice that I can walk from home to work!

There are options for existing and (hopefully) new patients to consult with me. I love face-to-face, they work best, and am encouraging people to have an enjoyable day's outing to the beaches, the river, have lunch or coffee by the water at the boathouse café, a walk in the national park, and/or a ferry trip to Yamba. Lots of nice things to experience.

Oh, and a clinic consultation while they are here. It surprised me to find it's only just over an hour's drive from Lismore to Iluka. A bit more from Nimbin of course.

Because of clever technology, other options for consultations are telehealth by phone, Zoom, Messenger or Facetime. Medicines can be sent by mail, or I may be able to arrange a regular drop-off to my previous clinic in Club Lane.

My lovely Herbalist friend Fiona Gray who has her clinic next to my former rooms in Club Lane is also available for consultations for people who prefer a Lismore-based service.



It's obviously sad to leave friends behind, but we are encouraging them to visit us at Iluka. Another sadness is saying goodbye to my garden and my favourite plants. There are many I can't take with me. I've been potting up some medicinal treasures to grow at my new home.

I'm taking perilla (anti-histamine, good for allergies and inflammation), houttuynia (fantastic anti-viral especially as a fresh plant tincture) and mugwort for its bitter digestive and anti-inflammatory properties. Mugwort is revered for its spiritual and ritualistic purposes.

Because of the time of year, I recently harvested ginger, turmeric and galangal rhizomes so I have planting stock as well as tincture-making material.

I'm so looking forward to gardening in sandy soil instead of heavy clay. It has its challenges too, as I know from my teenage years of living at Tweed Heads.

Iluka beaches are generously supplied at times with seaweed, and there are

friends nearby with chooks. Some compost-making and hopefully it all works well.

We have been asked many times why we are leaving Lismore. Our decision was made before the flood, but I do feel some guilt about leaving when Lismore is so traumatised and needing of love and support.

One incentive for us, now that we are grandparents, is to provide options for our little grandson to spend time with us in the natural environment.

He's an inner-city kid, and we are wanting to share the beaches, the nature walks, the river and the sunsets with him (and his parents of course).

This makes me think of 'Wind in the Willows', and how the characters loved 'messing around in boats'.

Trish is available for consultations by appointment on 0452-219-502 or email: trishclough@internode.net.au

The information in the column is meant for general interest only and should not be considered as medical advice.

Tabula rasa, it isn't

I've hired a painter to do the railings, eaves, front door frame, windowsills, and the like in colorbond classic cream. The door frame to the glorious red front door had been a Chinese green, but now I'm having to subdue my exuberance a little.

The plan is to sell my house and move elsewhere, and so I'm following the painter's advice: provide more of a blank slate, a *tabula rasa*, for potential buyers.

The whole notion of a *tabula rasa* goes against my grain, aesthetically as well as theoretically. Those who know me know I love colour, and beige and grey just doesn't do it.

Classic cream, I'm discovering, as more surfaces are painted, is bringing a lovely sunshine to the place. The house has, after all, violet-blue posts and a deep red roof and a wall cladding of soft golden ochre. She won't be losing her personality getting classic cream railings.

When I was a child my father would consult me as to what colours to paint the doors of the family house, or the family car, or anything else that needed colour. I loved light green (still do), and so we travelled around in a couple of light green cars over the years (my father clearly liked the colour too).

For the exterior doors of the house that my architect father designed, I chose red for the front door, green for my room, yellow, blue and white for the other doors. It looked like a Miro painting.

My trip to China in 1998 saturated my colour passion even further. How incredible were those archways and

porticos of temples in their reds, blues, yellows and greens, dappled in the autumn leaves of November. How very un-beige was that experience.

I'm not made for the idea of the blank slate, and I certainly know that the art of psychotherapy cannot operate from such a bland stance. A person comes for their first (middle and last and every session in between) filled with their uniqueness of life, their palette of intensity and lightness and darkness and different shades of being.

And yet, some branches of psychotherapeutic thought persist with the idea that we are born as blank slates that fill with novel learned and perceived post-natal stuff.

We are already shaped physiologically and emotionally (and thus style and possibly contents of thoughts) by maternal stress levels, our mother's consumption of alcohol and drugs, her experiences of economic and cultural pressures, and other environmental influences all contribute to how we are when we are born, and often, how we are throughout our life.

Too much alcohol consumption affects pre-natal growth, such that offspring can be born with fetal alcohol spectrum disorder. Fetal alcohol spectrum disorder causes brain damage and growth problems. The child also craves alcohol. The effects of FASD last throughout life.

The problems change as the child grows up. Behaviour and mood problems such as alcohol and drug abuse, depression, psychosis and aggressive behaviour may



by Dr Elizabeth McCardell

develop in the teenage years. The problems vary from child to child, but defects are not reversible.

And then there's Neonatal abstinence syndrome which is what happens when fetuses are exposed to drugs (opiates, mostly) in the womb before birth. Babies can then go through drug withdrawal after birth. Prenatal stress can increase the development of depression and anxiety in babies, that may persist throughout life.

On the positive side, newborn babies can remember melodies played to them while they were in the womb, according to some research. There's also that rather mysterious thing of reincarnation: some children, it seems, are born with knowledge of other lives.

Who really knows the veracity of these things, but, in some parts of the world, this idea is built deeply into the psyche of the people.

There is no *tabula rasa*; we are all part of the rich abundance of human experience and that everything we engage in remains present in the broader field of lives. Same goes for houses.

Whatever others make of my house, some of my presence remains. And that's rather fun.

CRAZY HORSE

Recently I've had a spate of clients who have had traumatic American Indian past lives.

Under American colonisation, the indigenous people endured considerable emotional and psychological stress. They suffered brutality, oppression and the forced removal from their native lands.

One such client was a man I'll call Shane, who in his previous life was Crazy Horse of the Lakota tribe. It's not common that I see people who have had famous past lives, nor it is uncommon.

Shane described his homelands on the plains, for which he had deep reverence and love, living peacefully with his wife, daughter and his people. He had a protective role in the tribe, making sure everyone remained safe and had enough food and shelter.

Always on the lookout for any disturbance, one day Crazy Horse observed dust being stirred up on the horizon and knew instinctively they were in danger. He instructed his people to hurriedly pack up camp and make their way to safety.

As protector of his people, Crazy Horse felt a terrible conflict, wanting to help his family but knowing his role was to help the entire tribe. The enemy were the Blue Coats: dangerous, brutal and violent, and they were getting closer.

The men gathered their weapons, some had firearms but Crazy Horse preferred his club which had a very powerful stone attached to it, which he used in battle.

Soon after the tribe reached safety, it was time to prepare



for battle. Crazy Horse painted white dots on his body, representing hail stones. They helped him conjure up the energy of a violent storm.

History tells us that Crazy Horse was a brilliant battle strategist. He described how prior to battle he and his men rode around on their horses in frenzied circles, invoking the energy of a violent storm, frightening and devastating in its power, the dust they stirred up becoming a decoy to reveal their location.

Feeling immensely powerful and charged up with storm energy, they quickly rode away to a well concealed place. They had earlier been joined by two other tribes and surprised the enemy in a pre-dawn attack, riding in screaming loudly, causing the enemy to panic and run in all directions.

Crazy Horse's men retreated, returning in the morning, this time annihilating the terrified army. Despite having much smaller numbers, the Indians triumphantly won the battle, killing or injuring all the Blue Coats.

Over time more battles ensued, resulting in the Lakota tribe suffering big losses. Eventually they were compelled to abandon their ancestral lands, the white men making promises of peace if they agreed to give up their ways and move onto reservations.

Crazy Horse was



by Auralia Rose

vehemently opposed to this but most of his people desired it, including his wife. He eventually agreed for the sake of his family and his people who, exhausted and traumatised from all the battles, believed they would be safer with the white men.

Crazy Horse lost the trust of most of his tribe who now feared him, as did the white men. He was a threat to both of them, symbolising the old ways. Eventually he was imprisoned after it was discovered he wanted to leave the reservation.

Crazy Horse spent his last days imprisoned in a crude wooden box, given no food or water. Physically weakened, his spirit broken, he was eventually dragged out by the soldiers and killed with a bayonet.

On reviewing this life, Shane understood the importance of believing in himself and his power and using it correctly. He clearly saw when we are connected to the Source from which we come then we can help many people.

He was reminded about the importance of standing strong in his beliefs and not bending or buckling to others. By remaining true to himself and following his heart, he will always know what to do.

Phone 0422-481-007

www.auraliarosewellbeing.com



God poo

earth for ever more, fits nicely with my philosophy of God being everything that there is everywhere.

I liked the idea so much that I now think that compost toilets are actually God recovery and regeneration devices and not "waste" management facilities afterall. I mean, we deposit human by-products and receive compost.

Where is the waste in a compost toilet anyway? It's only a definition in the *Local Government Act* that defines them as such. The same regulation that every local council uses to determine whether you are allowed to build your own "God recovery facility" or not.

Section 41 of the regulations to the *Local Government Act* says that you can't have a compost toilet unless the design (not the product) is accredited by NSW Health. There are

however, three exceptions to the rule. Where the facility:

- (a) is to be installed or constructed as a model for the purposes of testing (this means in conjunction with a well thought out and paid for testing regime); or
- (b) is designed, and is to be constructed, by the owner or occupier of the premises on which it is to be installed, (i.e. you must provide drawings and build it yourself);
- (c) is designed, by a person other than the owner or occupier of the premises on which it is to be installed, specifically and uniquely for those premises.

In theory, this means that councils should not approve any design that does not fit into any of these criteria.

However, the reality is that many excellent composting toilets such as Farralones and Minimus designs are built by builders and later



View from the loo

by Stuart McConville

approved by council upon inspection. This fits with the idiom that it is better to ask for forgiveness than bother asking for permission.

I have great plans on my website. As long as it's built properly, God won't mind, but council might.

Alternatively, there are some excellent accredited products which are economical and proven to work on my website too.

poohsolutions@gmail.com
Phone 0427-897-496



Boodahbee Festival of the Koala

KYOGLÉ SEPTEMBER 2022

SYMPOSIUM: SATURDAY 17TH SEPTEMBER

Bringing together community and stakeholders working on Koala conservation both on-ground actions and research.

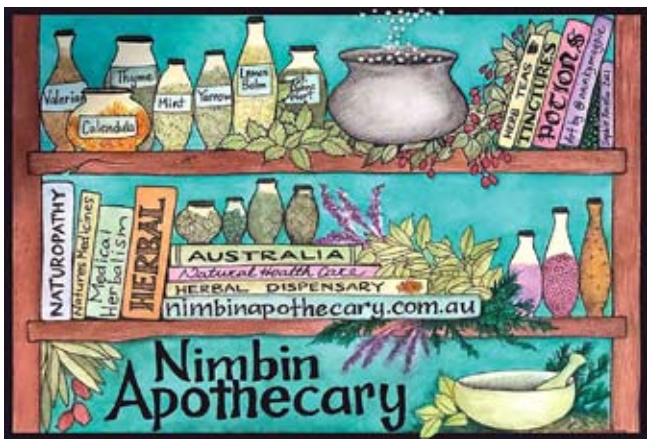
AM - presentations sharing all the activity underway across the Kyogle LGA.
PM - a facilitated workshop to explore gaps and identify opportunities for stronger collaboration and strategic action.

WORKSHOPS:

- Sat 5th - Exploring the role and practice of cultural burning in Koala habitat
- Wed 7th - Community Tree Planting (1)
- Tues 13th - Planning your tree planting - species, spacings and site prep
Seed collection, processing, and propagation techniques
- Wed 14th - Conservation Agreements with Biodiversity Conservation Trust
- Wed 21st - Eucalypt and grass id & fostering grasses in open forest habitat
- Fri 23rd - Exploring the restoration of Koala habitat in Rock Valley
- Sat 24th - Managing Bell Miner Associated Dieback and its impacts on Koalas
- Tues 27th - Community Tree Planting (2)
- Wed 28th - Monitoring Koalas through citizen science and detection dogs

Register: <https://www.brnvn.org.au/events>
Email: landcare.support@brnvn.org.au
Phone: 66323722 0457052636





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NIMBIN POETRY NIGHT
 1ST THURSDAY OF THE MONTH
 7PM at 'fantAsian' 3/45 Cullen Street
ALL TYPES OF POETRY WELCOME

The importance of symmetry

A couple of weeks ago I went to Sydney to do some Bowen training. The course was called The Importance of Symmetry.

To stay as a member in my Bowen Association, I have to undertake 20 hours of training a year. This course really popped out to me because the teacher, Graham Pennington, was offering to teach us some of the techniques that Tom Bowen used to assess and find where your issue may be coming from in the first place. It also offered 24 hours training during the three-day course.

It's very practical and very simple and it shows me where I need to work on your body, to help you get out of pain or discomfort, and I can focus on that rather than waste time on guessing. Your body will show me immediately through the assessment.

When Tom Bowen was working in Geelong, Victoria, in the 70's and 80's he didn't spend much time on each patient. He would go in the room that was already prepared by his assistants, and do the assessment, treat them and leave the room and then go to the next room and treat that person. Sometimes the patients would not even get to see his



by Sonia Barton,
Therapist and Reiki teacher

face. He also worked on horses. People would bring their horse to his clinic on a horse float and he would go out and treat them in it.

He figured out that there are four places on the body where fascia gets caught and once you release those then the body can start to balance out and heal.

Of course I could never work like that: he would treat 13,000 patients a year and mainly treated the neck and back. It's mind boggling isn't it?

Of course we have other procedures besides the basic areas, such as the knee procedure, the pelvic procedure, the coccyx procedure etc and over 20 years I've gathered a great tool box of different tips and methods to help you to come back into homeostasis or balance.

Once your body comes back into balance, which is usually after three sessions, then it's best to book a check-up session, say in 4-6 weeks, and maybe have a treatment four times a year to keep everything in Symmetry.

Once you are in balance you should feel taller, have more energy, be out of pain, sleep better and who knows what else will change in your life.

I have only used the new work a few times since the course, but I'm seeing great results and everyone is very happy so far.

I can help anyone from babies with colic to the elderly with stiff and painful joints. And just about anything in between.

If you have any questions or would like a chat first, just give me a call. I work in Nimbin and Murwillumbah.

Phone 0431-911-329
 www.bowenenergywork.com.au



A big problem

Help! I have just discovered that my new boyfriend has a gigantic penis.

– Minnie Cocksedge,
 Burning Mountain, NSW

by Uncle Norm & Auntie Maj

She says

Yes, this is a huge problem. I have encountered one or two wallopers in my time and I told them they were not to bring that monster anywhere near me.

It's strange how society always thinks that women love guys with huge schlongs.

I guess some do, but often these guys think they are superior to everyone else, which makes them vain and arrogant and not worth your time.

The research shows that actually the majority of women prefer the comfort of an average sized penis and a sensitive lover who knows what to do with it. Guys with little wieners are often skilled in other ways of pleasing their partner to make up for their limitations.

It's important to find out these things before you let yourself fall in love.

I have heard men say that "everything is in proportion", but what about big guys with little wieners, and small guys with whoppers? Women share rumours about noses, and hands, being dead giveaways, but that is not always a reliable sign.

There is someone for everyone, so they say, and there must be some women with larger anatomy who would be the perfect fit for this guy. Unfortunately, it seems that it is not you.

If you're hooked on this guy, then you may have to grow to accommodate him, if you know what I mean. You could help that along by having four or five babies or seeing a sex therapist for help and proper advice.

If your boyfriend is very committed to you, then he might consider penis reduction surgery which involves the removal of tissue beneath the skin, simple excision procedures, or even medication.

Imagine a man saying, "Oh no, I forgot to have my penis reduction pill!"

So, Minnie, there you go. It's a biggie and I'll just have to leave you with it. Good luck.

What do you call a well endowed puppet? Well strung.

HE says

So, Minnie, you've landed a maxi! I'm afraid my male boofhead, bogan persona can't see the problem here. Quite the opposite in fact.

My suspicious nature has me thinking that maybe your letter is one big piss-take, and that you're using our little forum here to have a bit of a skite. Imagine, if I went fishing and landed a ten kilo jewy and complained to my mates it was too big. I'd get my arse kicked.

Oh yes, I'm sure my little fitter and turner has given plenty of sympathy and compassionate advice, and I can hear your sisters in arms out there baying for my blood right now. However, my sympathies lie with Maxi.

We hear about the sufferings of women who nature has blessed with bodacious tatas, but we never talk about the crippling consequences for men with out-sized lunch boxes.

I know, coz I suffer from this problem, except it's not so much the schlong but more of a scrotal issue. It can make life hard in many ways. Finding comfortable trousers and underpants without looking like you've got a colostomy bag is a constant battle. Even walking, crouching or sitting can result in excruciating pain. Yes, ladies, there's a reason why blokes have to man-spread wherever they sit.

So, Minnie, I can concede you may be a little perplexed as to how to have sexual congress with this titan. I'll also concede, much to everyone's surprise, except my wife's, that I'm no expert on sex.

I suggest you get on the Google and type in two words. One begins with 'B', the other begins with 'C', you fill in the blanks. From there you should be able to find the information you're looking for. Enjoy! Just remember to wipe your search history afterwards or it could be embarrassing.

I got a hand job from a blind girl last night. She said, "You've got the biggest dick I've ever put my hands on."
 I said, "Nah, you're just pulling my leg."

Send your relationship problems to:
normanappel@westnet.com.au

Natural Law

by Helene Collard

We are all self-governing. Let us call upon our ancestors, Elders and teachers, past and present, to guide us in the way of the Heart. You are all my relations. All is One.

There is still time to enter the container of transformation. You have not missed the boat, however, it will be leaving soon, in this current cycle of change.

When surrendered to, these potent metamorphic energies burn through you and your life, disintegrating all that needs to end. It sounds harsh, and it is.

We are traversing new ground, fresh paths are being revealed. You must travel forward, with only what you need. Shed, release, declutter, purge, let go, give it up.

This month, focus on being Light:

- Let your thoughts, words and actions be filled with Light;
- Let the food and drink you consume be Light;
- Let your environment feel Light;
- Increase your time in Sunlight, Moonlight and Starlight.

Feel Lighter in your body mind and spirit.

Reiki is a gentle, yet powerful energy healing technique, where pure life-force energy is channeled by the practitioner and transmitted to the receiver.

The Reiki energy always seeks to restore balance and well-being. This energy has a higher consciousness and therefore, will direct itself to where the receiver needs it most.

Reiki always works on the root cause of imbalance/illness, rather than symptoms, and regulates itself naturally to give a person exactly what they need in each session.

For acute and chronic conditions and/or major life transitions, a series of treatments is required to breakthrough the imbalance and support healing.

This is the holistic approach to healing. I have treatment packages available on my website.

Bookings are also open on my website for my October Reiki Courses – Level 1, 2 and 3.

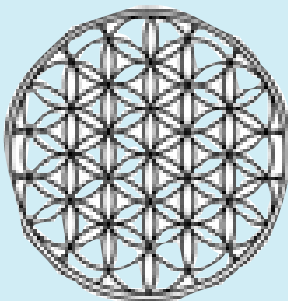
Last month, less than one week after completing the Level 1 course, a student described it as being “life changing”.

I absolutely love teaching Reiki. I have strengthened the holistic care I provide by keeping class sizes small, and in addition to the pre-course



consultation, have now added a new post-course consultation, so I can offer you a deeper container of holistic care.

For the Highest Good of All.



The Yemaya Centre is open

Following the recent floods, the Yemaya Centre is currently open at Happy Mountain: 16/58 Simpson Ave, Wollongbar. Reiki treatments available.

Upcoming Reiki course dates are on my website! Visit my website for info and bookings.

Martha Regnault – 0447-669-679

- Yogalates on Zoom, Tuesdays 6-7.30pm;
- Qigong on Zoom, Saturdays 10-11.30am;
- Yogalates in Rosebank, Private sessions by appt;
- Craniosacral Energetics in Rosebank, by appt

Lisa Jonas – Endorphina Creative

- Online astrology readings;
 - Inner wellbeing sessions.
- Bookings email: welcome@endorphina-creative.com

Liina Flynn – liina.flynn@gmail.com

- Beginners yoga on Girards Hill, Monday 5.30pm;
- Hatha yoga on Girards Hill, Tuesday 5.30pm;
- Special class to relax the nervous system. Commencing dates to be announced. Contact Liina to express your interest.

Mirek Oprzedek – Earth Shiatsu 0412-294-917

- Shiatsu massage available now at Happy Mountain in Wollongbar.

For information and bookings, visit: www.yemayacentre.com.au

An unexpected kick in the ribs

by Tonia Haynes

It appears that many are being faced with an unexpected kick in the ribs, right now. And every one's kick is coming from a direction that hurts them the most.

An unwelcome emotional detox that 'them that knows' decree will take us to higher ground and a clearer understanding and acceptance of the oneness of all

Quite frankly, although I have teetered on many paths of spiritual experience this lifetime, I would not have a clue what's going on, or the outcome. I just hope it all stops soon and the result is positive for all.

On a more physical level, something that I do know a little about, misplaced ribs, and I don't mean broken ones, can be an extremely painful event,

Apart from causing discomfort when one stands or sits, misplaced ribs also create a continual disruption in one's sleep, because laying down forces the



ribs into their most vulnerable position and the result is sharp pain in the back, shoulder, arm or, side of the body.

The causes of misplaced ribs are many and only a few are mentioned here.

It often happens with men, because men are inclined to work their bodies hard and at times lift too heavy a load, without a balanced stance.

Misplaced ribs can also be created by repetitive movement, such as always using a computer without correct posture to keep the body level, or by playing a guitar as much as possible, without thought as to how the body is hunched in the process.

Finally, if a vertebrate in the spine is out of whack, it may cause the associated ribs to lift, or drop out of position.

Fortunately, if the rib is only misplaced, not cracked or broken, it can be brought back into line with a mix of remedial massage, Bowen therapy and other moves specifically designed to encourage the ribs back to their rightful position.

I work from a delightful cabin 10km out of Nimbin. So if you have a back, shoulder, neck, limb, or rib problem and would appreciate a quiet country experience, I am available most days.

My intention in my work is to make you feel as comfortable and pain-free as I possibly can.

Phone now for an appointment: 0439-794-420.

Dreams

Psychic development with Magenta Appel-Pye

"Dreams are the original language of the spiritual path. Dreams are a straight connection to the divine heart of the cosmos."
– Rosemary Ellen Guiley

Dreams function both to solve outward problems and to quicken inner potentials.

In dreams people can experience for themselves every important kind of psychic phenomenon and every level of helpful psychological and religious counsel.

Modern research shows

that normal people tend to persevere into the night about the questions that absorbed them in the day – not only in the questions of their role and status with others, but in very practical questions of money, studies, trips, food, and skills.

Everyone dreams, usually about five per night during REM stage. The symbols in your dreams tend to be all about you.

Some people say they can't remember their dreams. Motivation is the most important element. You must perceive your dreams as worthwhile. From this perspective, you will unwrap great wisdom in



Photo: Maxine Shea

understanding yourself.

Perhaps some attitude is blocking your ability to recall your dreams such as you don't feel dreams are important, or you have previously found your dreams disturbing or are worried about nightmares. You must regard your dreams as valuable messages received from your subconscious that deserve to be heard.

If you have nightmares, it is important to realise that it is

your psyche's way of releasing bad memories. Upon waking say "Thank goodness that is out" and keep doing it until they stop. And they will. It is a great cleanse of your consciousness and a valuable innate tool we all have.

Before you go to sleep each night, tell yourself you will remember your dreams. The best way is to speak your dream aloud as soon as you wake up. You could record it on your phone, or write down the main keywords.

Allow yourself to drift in the twilight zone between sleeping and waking, and watch for bits of dreams to surface. Many people find a handwritten journal best.

I have a dream buddy with whom we share dreams, which is very helpful. Sweet dreams.

Insanity, according to Einstein

What did Albert say?

One of the many quotes attributed to Albert Einstein is: "Insanity is doing the same thing over and over and expecting different results."

Who does that? They'd have to be insane!

Well, if we are being really honest with ourselves, we would find that most, if not all of us have done or are doing the same thing over and over and expecting different results.

Often it is small stuff so it doesn't really have an impact on us apart from being annoying for us and maybe for others who live or work with us; habits for example.

A hint from Albert

To help us along with our insanity cure, Albert gave us a hint in another of his quotes: "No problem can be solved from the same level of consciousness that created it."

When we find we are in a loop of getting the same outcome by doing the same stuff again and again, we must change what we do, change our level of consciousness, to enable new and different action, and with it new and different outcomes.



by Peter Ganser
NLP master practitioner

What insanity are we talking about here?

Examples that fit Albert's quotation are things like this:

- Repeatedly failing in relationship by connecting with the same partner type. This can also be because of self-image and self-esteem issues we collected in our formative years. So we choose the same type of partner and get the same results. Insane to do it over and over hey?
- What about health issues? Why do we keep smoking? What about excessive alcohol? How about what we choose to eat, or not eat? How about more activity in our day? Why do we keep

doing what we know is not supportive of our health? Insane hey?

- Poker Machines are set up to win, and give back only to entice you to stay longer feeding their greedy mauls. We all know this and yet we keep feeding them like we do the lotteries. Crazy?
- Even in politics, we choose the same collection of narcissists and hope we get different results.

Easy words, but how can we change (become more sane)?

Well, you probably guessed this; NLP is one pathway to re-pattern unwanted neural pathways that hold us to our repeated cycles of insanity.

Just being aware when you are doing these patterns will help you change. Your awareness will enable you to stop and choose otherwise.

Unfortunately many face crisis before they initiate their change, if they are still able.

So let me ask you this, have you tried something different, like NLP, to stop your insanities; to enable you to move gently to a new level of consciousness; and have new and different outcomes which are more supportive of your life? You Need to choose!

<https://peterganser.com.au>
0444-561-541

ASTRO forecasts



by Tina Mews

what's happening
in the heavens?

Aries

Mercury transits your solar house of relationships until September 24 and again during October 8 - 22 initiating a process of re-negotiation. In your personal relationships you might find what has been left unspoken needs to be given a voice or your partner might engage you in a clarifying conversation airing their differences of opinion. Be careful not to jump too quickly to conclusions. Instead try to listen and understand what the other has to say.

Taurus

Mercury will be retrograde from Sept 10 until early October. Beware possible miscommunication especially at your workplace. If you feel energetically depleted, consider becoming more flexible and reworking your routines. Health issues have to be addressed and it is the time of the year to take good care of yourself on all levels.

Gemini

You might feel indecisive about what to do next or you might even experience a phase of blocked creativity. Use this time of review for reflecting on your purpose and creative potential. Be open for new inspiration coming toward you. With Mars in Gemini until March 2023, there is lots that can be done once you have decided on your priorities and step-by-step approach.

Cancer

The Mercury retrograde energy evolves around home and your relationships with those close to you. This could be a good time for a journey down memory lane. Create your own healing space when allowing yourself to delve into the past. Clear old hurts and unresolved relationship issues. Use this period for renewal and regeneration.

Leo

Cooperation and communication in your relationships plays a key role right now. Try to remain open to avoid misunderstandings while Mercury is retrograde (Sept 10 - Oct 2) and reflect on your philosophical beliefs or code of ethics. Make sure that you have understood the other person's view fully before making judgements. Like always when Mercury is retrograde, travel plans could be delayed.

Virgo

This is your time of the year where new impulses can be set. Nevertheless, Mercury is traveling through its retrograde loop sending a strong signal that it is time for reflection, review and for getting rid of some clutter, may these be actual things, thoughts or feelings. Revisit your values and needs so that they align with the reality that you are living in now. What do you really want to achieve and what is important to you?

September

The Sun journeys through the sign of Virgo until the equinox on September 23. Virgo is analytical, pragmatic and concerns itself with health, healing and the right cure for an illness. Virgo likes to remain on rational ground dedicated to research, preparation and attention to detail. During the following weeks we are reminded to take good care of ourselves while helping others who are in need. Pisces is opposite to Virgo. The Virgo/Pisces axis describes the way we attend to the daily necessities of life, not just for our own sake, or to earn a living (Virgo), but in the service of something which we find meaningful (Pisces). Until Virgos can see the whole picture (Pisces), they may feel that anything they try to achieve remains imperfect and inadequate. Mercury is the ruling planet of Virgo, signalling our capacity to think, speak, learn and reason.

This month begins with Mercury in Libra forming an opposition to Jupiter in Aries. A balanced viewpoint is essential for maintaining peace and harmony in our interactions with others. The danger lies within making premature or one-sided judgements and jumping to conclusions without knowing the whole story. **During this entire month all outer planets from Jupiter through to Pluto are in retrograde motion, followed by Mercury turning retrograde on September 10 until October 3.** It signals a time of review and evaluation of the past few months while the possibility of misinformation, misunderstandings and delays is increased. Some more surprising news might be revealed during this period which could be the spark for an important turning point that will influence the events during October (eclipse season) and beyond.

Since the beginning of 2020, life has changed dramatically and we are still in the process of picking up the pieces and finding our way into a new reality that is shaped by uncertainty. Many people in Australia are still traumatised by the bush fires of 2019 followed by the recent floods. In a wider sense, we are experiencing the failures, flaws and collapse of old belief systems while life urges us to open up towards new ideas and viewpoints. Meanwhile, fresh impulses have been seeded and need to be further developed during 2023 and beyond. The astrological signifier for this current process of reorientation is the **waning Saturn/Uranus square**; it exacerbates the tension that exists between past and future, the old and the new. The current cycle started in 1988/89 and will end in 2032. The Saturn/Uranus cycle has been associated with the development of the western-democratic-capitalist systems with its liberal and neo-liberal narrative and free market agenda. The waning square symbolizes the 'autumn' of the cycle revealing the fruits of the last three decades, including its shadow side, weaknesses

and consequently its areas of decay. The cosmic call is now to learn from our collective history and open up to reform while making space for fresh impulses and visions that will manifest over the years to come.

The New Moon in Virgo has already occurred on August 27 in square aspect with Mars in Gemini. Mars will remain in Gemini until March 26, 2023. This is an exceptionally long period for Mars in Gemini as the planet of action and confrontation is preparing for its once every two-year retrograde cycle starting by the end of October. **Mars enters his retrograde loop on September 4 before he turns retrograde on October 30.** Whatever we start now as new activities or developments will have their final outcomes in the early part of 2023. It seems to be timely for clearing the path ahead and releasing old baggage in preparation for a new chapter.

The Full Moon on September 10 occurs in Pisces and is widely conjunct Neptune emphasising our ability to imagine, dream and be creative. Neptune helps with soothing past pains and softens differences. **The Full Moon coincides with Mercury turning retrograde** offering the opportunity for a friendly talk and but equally also for more misunderstandings and disappointments. **Mercury retrograde is in Libra, the sign of relationships, until September 24** when Mercury re-enters Virgo signaling a three-week period for evaluating and revising our ways of communicating and cooperating with one another. We might focus on building bridges and mending our differences. The Sun in Virgo forms a supportive trine with change-orientated Uranus in Taurus and might surprise us by revealing new openings. Breakthroughs and liberating shifts in our relationships are possible during this Full Moon period.

The New Moon follows two weeks later on September 26 in Libra forming an opposition to Jupiter in Aries while Mercury retrograde in Virgo is in opposition to Neptune retrograde in Pisces. Neptune is retracing its steps from the Jupiter/Neptune conjunction of last April providing us with an opportunity to recall our vision and dreams from that time. What have we been able to realise and what has proven itself as an illusion? It might be a moment in time where 'fake news' become an issue again and we are challenged to discern between truth and misinformation.

Navigation by the stars:

Personal and/or relationship Astrology; life cycles and your year ahead; Plans, directions, concerns for 2022/23; contact Tina on 0457-903-957, in person, zoom or skype consultations; email: star-loom@hotmail.com **Gift vouchers available.**

Astrology for Beginners, Part 1

A 7-week course, starting Thursday, September 1st – October 13th, 10.30am – 1.30pm at Lillifield Community Centre, 4505 Kyogle Road, Wadeville. Information and registration: 0457-903-957 or email: star-loom@hotmail.com

Libra

When you set your intentions for the months to come, consider that Mercury will be retrograde from September 10 - October 2. This means that you cannot push ahead but rather allow things to develop. Remain flexible as there might be some corrections to plans and incentives as you move along.

Scorpio

Not an easy Mercury retrograde period for relationships (Sept 10 - Oct 2). Lots is still in the dark which makes it difficult to plan anything with certainty. You might find this lack of control as stressful and unsettling. Try to be more flexible and take some time out for recuperation. Release and recharge your batteries. Fresh energy will soon be flowing in.

Sagittarius

This Mercury retrograde period (Sept 10 - Oct 2) might be good for re-grouping and re-connecting with some good old friends but also with old dreams and visions. You might also find out who your real friends are, possibly leaving some connections behind. Take it as an important time of revision that assist you in realigning yourself with your true calling.

Capricorn

This Mercury retrograde period (Sept 10 - Oct 2) can be helpful for reviewing your life direction, for re-orientation of career plans and for re-marketing your public image. Reflect on what you would like to achieve and whether you are on the right path. It is not a good period for making lasting decisions or signing important contracts.

Aquarius

Make use of this Mercury retrograde period (Sept 10 - Oct 2) for re-examining your philosophy of living. Your beliefs about the world co-create your experiences. Take some time to re-visualise where and what you want to be, especially if you have forgotten some of your dreams along the way. It is time to re-imagine the future.

Pisces

The Full Moon in your sun sign coincides with Mercury turning retrograde and may highlight the need for a friendly talk with your own demons – or your daimon! What is the difference? Demons are associated with your deepest fears while the daimon is the guardian angel leading you towards your calling. It might be one and the same as our biggest challenges are also our greatest helpers when it comes to following our destiny.



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Unravelling

by Marilyn Devlin

What a time... it's hard to find myself within it all, let alone make sense of anything. Well, I do keep excavating the well... the passion for healing and making things whole again can take you places you wouldn't volunteer for. You're never the same again.

It's Virgo time. For me the completion of yet another journey around the Sun. They never disappoint... their wildness and refusal to play by your rules. "What rules?" Life spits out. You open the box you get what you do. You want to know... you have to follow my lead. Yes, the treasure is there... will you continue? Are you ready to let go? Let it all fall away... and remain with what's left? That's where the treasure is buried.

The unravelling's been insistent. You say yes and the game is on. You don't get to pull out... half way through. That creates all kinds of dysfunctions. Dysfunctions we don't need... only the truth. Only what's real, steady... here for the long haul. You don't give your passion to just any old thing. It's a prize to be held in the highest holding.

We see all the pictures, we hear all the words... blah, blah, blah... the record repeats. We wanna get off, it's making us dizzy. The repeated loop of round and round. Where do we take a stand? Say no more.

Gently, gently... yes. We're not machines. We're not made of metal... raped from the Earth. We're created from holiness, wisps of tender... eternal knowing. Love incarnate. But we get lost and confused. We lose our way. We call out. We come to find our self. We're the master of our own terrain.

It's hard sometimes... and in a way that's OK... 'cause we get to feel all the feels. The more we can feel... the more we get in touch with what's really going on inside of us. It can be a mystery if we're living in our head. Our body holds the treasure... the deep buried secrets... the places you're too scared to go alone. She never abandons you... is with you for the long haul. You can trust her... even when things feel confusing. She'll never let you down. She loves you more than you know.

We've become erect and proud... tainted by waves of worldly stuff. Inside we rest... waiting, longing to be acknowledged... calling, pleading to be taken home. It's cold and lonely outside.

There's no place to run... only deeper places to be. We're powerless in some things... yet Masters of Sovereignty in others. We're irreplaceable... each and every one of us. It's worth it to keep trying... giving up is not an option. It's the absolute antithesis to Life's encouragement.

Everything we feel is okay. We need to feel it all. All of it. Yes it can feel like it's cutting you open... revealing tenderness you never knew was there. But strangely it feels good... that vulnerable place inside. The power of vulnerability... who would have thought. We've spent so long defending... armoured and ready to fight. We've needed to... but then it became who we are. There's another place to be.

It takes time to get acquainted. Living without that sword in your hand... can feel scary. You remember what happened before. But this is not before... this is now. And yes we're never in the exact same spot again. We're new in every moment. Everything's new every moment...

Gosh... if we could only capture that.

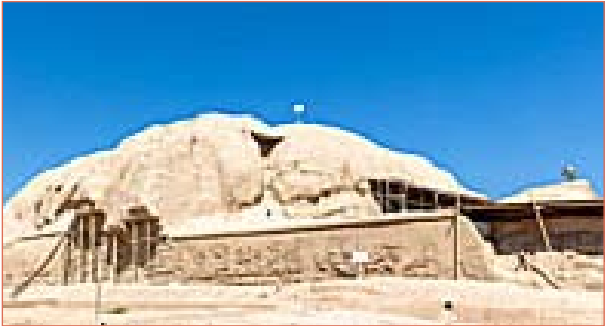
As 2022 opened... a word appeared... one that invited me to follow. It was new. So I set it up on the mantle... in its own frame and holding. Wanting to get familiar. That word was Integrity. I've no idea how much I really know about her. But I opened a door. I said yes. That's all we can do.

Travel well.

Nimbin Trivia Time

by Eclectus

Questions



1. This is Tepe Sialk, regarded by many experts as the oldest ziggurat (stepped pyramid) known to the modern world. Archaeologists postulate that it was built by people dubbed the Zayandeh River Culture who thrived 8,000 years ago, around the time of the Sumerian and Indus Valley civilisations. In what country is this construction and was it built 7,000, 5,000 or 3,000 years ago? (Photo: Diego Delso, courtesy wikimedia.org)
2. Calypso, Kensington Pride and R2E2 are all varieties of what?
3. Taiwan (Republic of China), much in the news of late, is home to around 24 million people while Australia's population is around 25.5 million. Is this island democracy roughly half the size of New South Wales, Tasmania or Victoria?
4. What things can be known collectively as a catch, draft, draught, drift, fry, haul, kettle, nest, school or shoal?
5. At this year's Commonwealth Games, Oliver Hoare won gold for Australia. He defeated a Kenyan and the world champion Scot in a sport boasting, perhaps, the strongest field of any event. What was the sport? Hint: The last Australian to win this event was Oliver's grandfather in 1958.
6. Which is which? Each of the words peridot, peripatus and periwinkle fits within animal, mineral or vegetable. Take a bonus point for naming which one fits two categories and what they are.
7. Italian cheeses Parmigino Reggiano and Grana Padano are in a constant regional tussle for preference. Are they made from the milk of cows, goats or sheep?
8. Two pieces of music written about 100 years apart (a waltz by Johann Strauss II in 1867 that became the second national anthem of Austria and a country pop song by Roy Orbison and Joe Melson in 1963 which became Linda Rondstat's signature tune) both refer to rivers. Can you name these pieces of music for a point each?
9. Which early 60s cartoon character just celebrated his 60th birthday on 31st July? Hint: wife will be Jane, daughter will be Judy and son will be Elroy.
10. In the second half of the 19th century, Texan, Samuel A. Maverick lent his name to what sort of animal?

Answers

1. Tepe Sialk was built in modern day Iran about 5,000 years ago

2. Mango. Tree ripened Kensington Pride are widely considered to have the best flavour.

3. Tasmania.

4. Fish.

5. Coming into the final straight in fourth place, Hoare powered on to the win the 1500m track event.

6. Animal is peripatus, a velvet worm (Peripatidae family). Mineral is peridot, a light green gem quality olive mineral. Vegetable is periwinkle, a herbaceous plant of genus Vinca or Catharanthus. Periwinkle is also a marine shellfish (Littorina littorea), so it also fits within animal.

7. Cows.

8. The Blue Danube and Blue Bayou.

9. George Jetson. He was more modern than tomorrow 60 years ago. More modern than our tomorrow as well.

10. More cows. Samuel A. Maverick (1803-70) did not brand his cattle so maverick came to mean an unbranded calf and grew to be synonymous with rebel.

Nimbin Crossword

2022-09

by Novata

1		2		3		4		5		6	7	
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- Across
1. Bay at which music and writers' festivals abound (5)
4. Town with annual protestival, postponed to September this year (6)
8. Slope or hillside (4)
10. Hindi courtesy title, like Mister (4)l
12. Does Russia want Ukraine to return to the Eastern ? (4)
14. Terrestrial ferns, in family Polypodiaceae (12)
19. Internation organisation supports recovering alcoholics (init.) (2)
20. Abbreviation for tin (2)
22. Animal chemistry (12)
26. Life in poverty can be (12)
29. Basic unit of money in both Koreas (4)
30. Hurl or thrust violently (4)
32. Militant organisation of Irish nationalists (init.) (2)
33. Gone are the days of _____ politicians; those we can rely on? (7)
34. Island between Isle of Skye and Scottish mainland (6)
- Down
2. City2Surf: annual fun run; also a competitive (4)
3. Take special attention (init.) (2)
4. Midway between North and East (init.) (2)
5. Messianic leader who, according to popular Muslim belief, will appear before the end of the world and restore justice and religion (5)
6. Set of international examinations intended to qualify successful candidates for higher education in several countries (init.) (2)
7. Nil, naught, zilch (4)
9. Trendy clothes intended for exercise (and often for café meetups!) (10)
11. Being present, or seeming to be present everywhere at once (10)
13. Not divisible by two (3)
15. Extremely small (4)
16. Abbreviation for sodium (2)
17. Voluminous cotton garment traditionally worn by Muslim women in Northern Africa and the Middle East (4)
18. Former southern African kingdom (8)
20. Dry white Italian wine from Verona (5)
21. Along with English, the official language of India (5)
23. Thanks! (2)
24. Systems of religious beliefs and rituals (5)
25. Organisation not part of the local, state or federal government (init.) (3)
26. Lots of this all over our cars at the moment! (4)
27. Burn slightly and superficially so as to affect colour (4)
28. Midway between North and West (init.) (2)
31. Personnel department of an organisation (init.) (2)
32. Card or badge used to identify the wearer (init.) (2)
- Solution: Page 33

Has your Hot Water System been checked lately?

Ever heard of a Sacrificial Anode?

A sacrificial anode is a vital part of your water system, and having it inspected can be the difference between an efficiently working system and a costly replacement.

Manufacturers recommend that you maintain the anode in your system in order to prevent damage from rust + corrosion. After its 5th birthday – warranty expires.

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Arrange a free inspection: phone 1300 166 673

Original Anode

Cutaway section of a typical electric hot water heater

Kindergarten 2023 enrolments

by Fiona Campbell, Kindergarten teacher

If you are looking to introduce your child to kindergarten next year, make it a fun and positive experience! At Tuntable Falls Community School, your child will continue to be inspired by this wonderful world and the treasures it holds.

We are an Independent Community School, governed by an invested board of committee members and a wonderful school co-ordinator. Kindergarten classes are offered from Monday to Thursday, 9am to 3pm.

The class is open to just ten students each year. Starting school in a small class is reassuring for both children and parents. A small group allows children to make more independent choices. These genuine experiences can contribute to your child's confidence and help to develop a positive attitude towards learning and socialising.

Our students have opportunities for exploration, investigation and for self-directed learning through play. Learning through play is an important part of kindergarten, made all the more exciting by the beautiful forest setting out the back door of the classroom.

We integrate learning experiences into

the environment as one of the many ways to ensure all children have gained access to understanding new concepts.

Our specialised teachers model their passion and expertise in learning areas such as circus, sustainability and environmental education (SEE), and science, technology, engineering, art and mathematics (STEAM). Our educators believe in supporting students to gain knowledge through their interests, empowering them with self-confidence and independence.

Many adventures are delivered through our thoroughly engaging learning programs, extended beyond the classroom into the garden, the kitchen, the rest of the school grounds, and sometimes the wider community. We also provide our students with professional swimming lessons every year in term four. The students are involved with community events and celebrations, both at school and in our local Northern Rivers communities.

With the younger children in mind, the school's vegetable garden was designed so everyone would be able to participate in gardening, learning, playing and resting within the spaces. The children love the responsibility of their shared garden beds and our beloved



bantam chickens. It is delightful when they proudly munch on their own fresh produce.

The older children help them find all the right tools and take much pride in showing them their own beds of broccoli, carrots, celery and much more. Deliciously healthy vegetarian lunches are provided at school by our wonderful family volunteers.

The recent additions to our magical nature scape playground have been designed around providing children with even more opportunities and inspiration to create social games and improve physical abilities such as climbing and balancing. The children enjoy creative play in the sandpit and experiment with the water pump. There are decorated pathways, bridges, a tunnel, steppingstones and balancing beams winding up through the teepees to a huge pendulum swing.

The garden path is laden with scented herbs, flowers, colours and textures. There are some good climbing trees, as well as crystals, clay,



ochre, and crayfish in the creek.

Our school is small and therefore can be flexible to support individuals. The big warm homely heart of our school community fosters feelings of equality, safety, belonging and connectedness.

There is a bus service available to and from school, which link up to all major bus lines operating in the Nimbin area. Our school holidays align with most NSW primary schools. There is no uniform at the Primary School, although a wide brimmed school hat is provided to each student and necessary safety gear is supplied where required.

To find out more, visit: www.tuntablefallsschool.nsw.edu.au Contact us on 049-466-619, or email: tuntableschool@mail.com to arrange a visit and collect a Kindergarten Pack to help you and your child prepare for this exciting change.

We hope to meet you soon.

How to increase breastmilk supply



Doula Wisdom
by Kirrah Stewart

In the early weeks after birth, frequent stimulation of the breasts is essential to establish an abundant milk supply.

If you feel that your supply may be on the low side, try the following recommendations from Lactation Education Resources.

More breast stimulation

- Breastfeed more often, at least eight or more times per 24 hours;
- Delay the use of a pacifier/dummy;
- Offer both breasts at each feeding;
- Empty your breasts well by massaging/compressing the breast while the baby is feeding;
- Make sure baby is completely emptying your breasts at each feeding.

Try a galactagogue

Try some breastfeeding safe herbal medicine to help increase supply – ask a herbalist or naturopath, or visit: www.lowmilksupply.org/galactagogues for some ideas.

Manual or electric pump

- Use a hospital grade pump with a double kit;
- Pump after feedings or between feedings;



- Apply warmth and massage before beginning to pump;
- Try "power pumping". Try pumping 10 minutes, resting 10 minutes, pumping 10 minutes and so on, for one hour.

Parent care

- Increase skin-to-skin time with your baby; relax together;
- Take a warm bath, read, meditate, and empty your mind of tasks that need to be done;
- Reduce stress and activity. Say yes to extra support/help;
- Eat nutritious meals and continue to take your supplements;
- Increase fluid intake – water, teas, hydration drinks
- Receive a massage to help you relax and boost oxytocin.

Seek professional help

- Keep in touch with your lactation specialist or healthcare provider to

monitor your progress and modify your care as necessary;

- Reach out to the Australian Breastfeeding Association helpline: 1800-686-268;
- Find a local lactation counsellor or lactation consultant that can answer your questions and help with suggestions

Rule out retained placenta

If you are not seeing improvement and you are still having vaginal bleeding after two weeks, discuss the possibility of retained placental fragments with your healthcare provider. Small bits of the placenta can secrete enough hormones to prevent the milk from coming in.

Rule out low thyroid function

Have your healthcare provider check your thyroid levels. Low thyroid can affect milk supply.

Milk supplementation for baby

- Determine the amount needed with your healthcare provider;
- Pump after the feeding;
- Offer the supplement in a way that won't interfere with breastfeeding such as SNS tube at the breast or a cup or spoon;
- Wean your baby off the supplements gradually.

Other resources

- www.lowmilksupply.org;
- *Making More Milk* book by Marasco and West.

Kirrah is a postpartum doula, masseuse and lactation counsellor supporting families in the Northern Rivers. To download a FREE postpartum planner, head to: www.doulawisdom.com/postpartum-planner This will help you feel more confident in the early days and weeks. Kirrah can also be reached via text message on 0429-308-851.

Spring brings community renewal

by Marga Helms, principal

It has been two years of isolation. Finally, we can celebrate with families on our school site again. We have been continuing our healing educational task, but something very important has been missing - the community that gathers around a school.

The saying, that it takes a whole community to raise a child, holds so true.

At the Rainbow Ridge Spring Fair and Open Day on the 10th of September, we celebrate the wholeness of community where the virtues and skills of every individual is reflected.

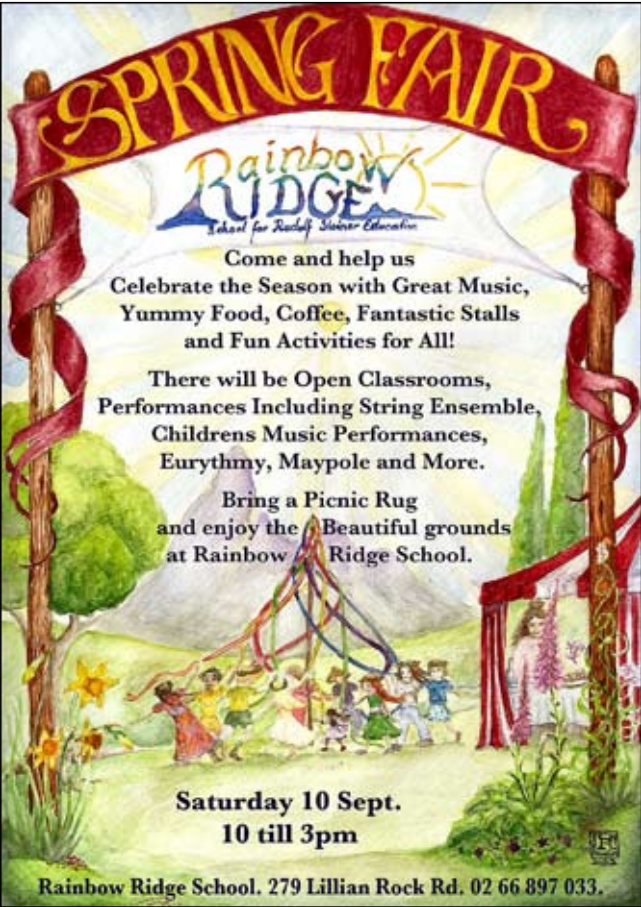
We will start with a Welcome to Country at 10am, followed at 10.15 by a

special treat of an Eurythmy performance by graduates of the Pacifica Eurythmy Program in Brisbane.

Our students will perform with their strings tutor, dance around the Maypole, classrooms are open to look at students' work, and there is time to connect, chat, stroll along stalls with handmade craft, plants, refreshments and enjoy yummy homemade food made by parents.

Please come along on Saturday, 10th September to celebrate the renewal of community at Rainbow Ridge School at 279 Lillian Rock Road.

The poster was drawn by one of our artistic parents, Sarah Stephens-Huddleston, who has been a Steiner School student.



Nimbin Central School successes



Bundjalung Day
It was with great pleasure and excitement that Nimbin Central School held our Bundjalung Celebration Day on Wednesday 3rd August. There were a variety of presentations and workshops all designed to engage and enrich students with an appreciation of the traditional custodians of the land on which we live, the Widjabul Wiyabal people of the Bundjalung nation. Local elder, Uncle Gilbert Laurie welcomed us with a smoking ceremony, after which we were privileged to hear a keynote speech from artist and winner of this year's Archibald Prize,

Blak Douglas, in which he outlined the process and meaning behind his winning artwork Moby Dickens. Throughout the day, students engaged in cultural workshops on art, movement, and the language and geography of the local area, facilitated by guests and teachers. We were also treated to kangaroo sliders and wattle seed shortbread for lunch. A massive thanks to all our guests and presenters for the day, especially Uncle Gilbert Laurie, Mitch King, the Casino West Dance Troupe and Blak Douglas. You made the day very special for our school community.



Debating
Year 9/10 students had the opportunity to enter the Premiers Debating Challenge. Nimbin Central Team A – Eden Freeman (4th speaker), Jarrah Lumley (3rd speaker), Nevaeh Price (2nd speaker) and Sabyah Ryan-White debated against Nimbin Team B (Team A won), Kingscliff (won) and Byron Bay (Team A won). Nimbin Central B – Connor Hawkins (1st speaker), Obelia Paisson (4th speaker), Ava Robinson (3rd speaker) and Sara Prikulis (2nd speaker) debated against

Nimbin Central Team A (losing by a whisker), Kadina (who forfeited) and Evans Head (losing by 1 point). Students from both teams debated strongly in difficult conditions. In all the debates our Nimbin teams lost the toss and, in all debates, were given the negative position by the opposing team along with very challenging statements to argue against. They are to be congratulated for their equanimity and sportmanship while representing our school in the region.



Central School Careers Expo
On 1st August, Nimbin Central School held its Bi-annual Careers Expo. The event featured a range of guest speakers with 25 stall holders being present. Stall holders included a range of local businesses, Year 5-6 students who had researched specific areas of employment and major



state and national employers such as the police force and defence force recruiting. During the event attendees had the opportunity to talk to stall holders, learn about their businesses and collect relevant materials. We would like to thank all participating businesses for taking the time to assist our students in learning about the world of employment.



Charlie Neenan, Felix Kraft, Daniel Frey and Mikayla Frey

Students success at Zone Athletics Carnival
As both School and Zone Athletics carnivals were cancelled this year, all competitors for the regional carnival had to be nominated by their school with qualifying times and distances in order to compete. A small squad of five students from Nimbin Central School were selected to represent the Northern Rivers at the 47th Regional High School Track and Field Carnival at Walter Peate Oval in Kingscliff on 5th August. Brother and sister duo, Mikayla and Daniel Frey, Felix Kraft, Charlie Neenan and Cooper Levy prepared perfectly for the day of competition. After leading for most of the way, Charlie Neenan was pipped at the post in the 15 yrs 800 metre event. Felix had better luck in the 14yrs high jump with a PB of 1.55m and 2nd place. Cooper Levy went one better with

an outstanding PB jump of 1.75m and 1st place in the 16 yrs high jump. Trying not to let the team down Daniel took out first in the discus, first in the triple jump, second in the javelin and first in the shot put with a new regional record and was one point off age champion. Mikayla was certainly very impressive and was awarded the 13 yrs age champion with second in the 13 to 15 yrs triple jump, second in the long jump behind a new record holder, second in the 100m, first in the javelin and first in the 400m. Felix, Cooper, Mikayla and Daniel will now travel to Sydney to compete in the State Athletics Carnival against the best from across NSW. All five of our Regional athletes demonstrated what the young people from Nimbin Central are capable of, grit and determination, especially when faced with stiff competition.

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Nimbin Crossword Solution
From Page 31

B	Y	R	O	N		N	I	M	B	I	N			
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What's not to love about football?



Headers Women's League 5
Photo: Amete Baume

Wrap up of the regular season

by Mark Wright

The end of the regular (point score) season is upon us. It has been another disrupted season with rain (not Covid) impacting the number of games played.

Most competitive teams had had the number of games played reduced, or have been playing games twice a week for the last month to make up for washouts.

This year, the Headers fielded two Miniroo teams, grade 8 and 9, two mixed junior competitive teams, grade 12 and 14, three senior mens teams, league 1, 3 and 5, and two womens teams, league 3 and 5.

The junior numbers were down on previous years due to football being a low priority for flood impacted families. This was across the board for all clubs participating in the Football Far North Coast region, seeing smaller numbers of teams in many grades and divisions.

For the Headers this means combining different age groups to field teams in Miniroos and Juniors. Many thanks to the parents and players for their understanding and making the most of the situation.

Despite the impacts of disaster and continuous wet weather, it has been a very successful year for the mighty Nimbin Headers. The Miniroos started with high energy and excitement and this continued through the season.

Training at the Nimbin Central School MPU in the early wet period added novelty and extra enjoyment to their play. It was great to see them buzz around in an indoor space, developing their game. This followed through to the games that were played with high intensity and joyfulness.

Both teams improved over the season, turning losses in the first round, into wins in the second. The grade 12 team was a combination of 10, 11 and 12 year olds and there was a massive 17 players in the



Juniors mixed grade 14

team. This meant a big jump for the 10 and 11 year olds, missing their crucial final year in Miniroos, where they get prepared to full field soccer, with penalty areas and additional rules such as offside.

They coped amazingly well and adapted quickly, starting the season with a win that set them up to play with confidence for the rest of the season. We are so proud of these kids, who have made the semi-finals in their first year of competitive football. Well done Grade 12, you're a lovely bunch that play with respect and by putting in the effort, you have been duly rewarded.

The grade 14's was a combination of 13, 14 and 15-year olds, and found themselves in a super competitive and even competition, with five teams capable of winning the division. They have taken their football to another level this year, as individuals and as a team, passing the ball around opposition teams and beating players one-on-one at will to set up multiple scoring opportunities and converting these to goals in every game.

Averaging over four goals per game and only suffering one defeat, has landed the 14's in 3rd place and for the first time a place in the semi-finals, with a realistic chance of taking out the title.

The senior men fought hard for any victories this season. The league 5 men landed in a division with

by Lishia O'Reilly

We are busy women – partners, daughters, sisters, mothers, aunties – from all walks of life and in all our glorious shapes and sizes.

But come Friday night or Sunday midday we all have one crucial thing in common: a love for our precious game of football!

Those local to Nimbin know that there's not much on offer by way of organised sport in our town. We make do with what we've got: a tennis court and community pool, a skate park and lawn bowls. Pretty good really.

And for most of us with the physical demands of living on a property, that's actually OK.

Playing soccer meets something in all of us: the need for regular exercise, a chance to hang with mates, a rare time out from work and family, and then just simply the joy of kicking ball in the great outdoors!

Sometimes our drive is tested when we have to play on a cold dark, miserably wet night, then make an exhausted schlep over an hour home! But these challenges are what pull us together as a team.

We support jolly and joke so that even the hard times are fun! Then when we get to play a home game

in the sun with all our supporters around, well, life is pretty damn good and we all feel ecstatic just to be playing football.

Both Headers women's teams this year look set to enter the finals in fine form, despite the very sloppy start (almost all our games in the first few months were washed out!) and the challenge of sudden and serious injuries (heartache for those on and off the field).

But true to our gutsy fair play reputation, the Headers spirit is strong and steadfast. Each moment out on the pitch is so treasured, we give it our all, we have so much to love about football!



Juniors mixed grade 12



Miniroos grade 9

some very strong teams at the top and managed to get some wins and draws against the lower and more equally matched sides.

As always, this group plays with the perfect mix of competitiveness and enjoyment regardless of the score, and continue to be a credit to our club.

Our league 3 men have improved as the season progressed. A new team made up predominantly of the Levy and Cox related family, with fathers, sons, cousins, uncles and nephews and a few mates. I've never heard of such a set-up and it has been a bold and successful experiment that perhaps could only happen in Nimbin.

League 1 men had to adapt to losing some key players in the off-season. They have worked hard at training to gel as a team over the season and are finishing strongly, beating the top two teams on successive weekends to give themselves a shot at the semis.



Headers Women's League 3

Currently in third spot, they only need to win their last game to be part of the finals.

Our women have led the way in senior football this year. The league 5 team consistently produced winning performances, to be in 4th place with a game to play, and a real shot at semi-finals football.

The league 3 women have been outstanding, surviving a mid-season slump, brought on by a wave of injuries to key players, to be in 3rd spot with one game to go. Semi-finals are assured, and having

beaten top-placed Mullumbimby in the last two outings, they are finishing the regular season in style and could well take out the title.

With possibly five out of seven of our competitive teams in semi-finals, it would be great if the local community could come and support the teams in their finals football.

Congratulations to all the players, supporters, parents, guardians, volunteers, coaches, managers, match officials and the committee for making 2022 a terrific and successful season.



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\$1,250,000  222 BISHOPS CREEK RD, COFFEE CAMP 4 BED 1 BATH 176 ACRES	\$1,550,000 - \$1,650,000  574 BLUE KNOB ROAD, NIMBIN 6 BED 3 BATH 70.3 ACRES	UNDER OFFER  16 WEISMANTEL ROAD, NIMBIN 5 BED 3 BATH 92.4 ACRES UNDER OFFER	UNDER OFFER  977 JIGGI ROAD, JIGGI 3 BED 1 BATH 92.6 ACRES UNDER OFFER

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2019 | 2020 | 2021 | 2022



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2/229 Lillian Rock Rd
Lillian Rock 8093sqm
\$595,000 Agent: Jacqui



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1117 Tuntable Creek Rd,
Nimbin 3990sqm
Contact Agent Agent: John and Sundai



NEW
4 Hillside Drive
Nimbin
\$565,000 Agent: Jacqui



NEW
4 Evelyn Way
Nimbin 4490 sqm
\$339,000 Agent: Sam



NEW
32/265 Martin Rd,
Larnook 8093sqm
\$765,000 Agent: Jacqui



NEW
950 Terania Creek Rd
Terania Creek 100 acres
\$1,100,000 Agent: Sam



NEW
112 Homeleigh Road,
Homeleigh 27acres
\$1,300,000 Agent: Jacqui



NEW
138 Gungas Rd,
Nimbin 10acres
\$980,000 Agent: Sam



SOLD
8/165B Cawongla Rd,
Rock Valley 2.9 acres
Contact agent Agent: Jacqui



SOLD
179 Faraway Rd,
Cawongla 111 acres
Contact agent Agent: Jacqui



SOLD
38 Cooloon St,
Kunghur 803 sqm
Contact Agent Agent: Jacqui



SOLD
15 Cecil St, Nimbin
\$ Contact agent 2.8 acres
Agent: John

FEATURED PROPERTIES



NEW



23/1157 Stony Chute Rd, NIMBIN- 2.4 acres
Price - \$795,000 Agent Jacqui Smith

Overlooking a 90 degree bend in Websters creek, with daring verandahs and tall trees, this home is wild, with style. Over time, past owners have added their distinct touches to the original weatherboard home and the current owner has married them all with his design mastery. No expense has been spared in giving this charming old dame a new lease of life and securing her longevity with the finest of renovations, both structurally and cosmetically



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